

## Guillermou

Important nutrients in mushrooms include lentinan and beta-glucans. selenium, vitamin D, glutathione and ergothioneine (ET) which can mitigate oxidative stress. ET should be classified as a "longevity vitamin." ET promotes longevity and healthy aging. ET is a vital nutrient for the human body, especially the brain. Low levels of ET are associated with an increased risk of neurodegenerative, cardiovascular and other age-related diseases, including cancer. In humans, blood levels of ergothioneine decline after age 60, and lower ergothioneine levels are associated with more rapid cognitive decline.

----1, ET benefits brain function both through its antioxidant activity and by promoting neurogenesis and neuronal maturation i.e. ET have been associated with the incidence of several disorders, including Parkinson's disease (PD), mild cognitive impairment, Crohn's disease, and prevalence of peripheral neuropathy. ----2. The ability to scavenge free radicals, which can be proposed to arise from the oxidation of an easy electron from its disulfide group. ----3. Chelating properties. ----4. Activation of antioxidant enzymes, such as glutathione peroxidase (Se-GPx) and Mn superoxide dismutase (SOD) and inhibition of superoxide generation enzymes, such as NADPH-cytochrome c reductase.

-----5. The ability to affect the oxidation of various hemoproteins such as hemoglobin and myoglobin.-----  
6. ET protects retinal pigment epithelial cells: by activating NRF2.

[www.sciencedirect.com/.../S0891584924001357](https://www.sciencedirect.com/.../S0891584924001357) (2024).--- [link.springer.com/.../s11357-024-01111-5](https://link.springer.com/.../s11357-024-01111-5) (2024).-- [www.sciencedirect.com/science/article/abs/pii/S000689932300464X](https://www.sciencedirect.com/science/article/abs/pii/S000689932300464X) (2024).--- [pubmed.ncbi.nlm.nih.gov/34978075](https://pubmed.ncbi.nlm.nih.gov/34978075) (2022).---- [www.sciencedirect.com/topics/agricultural-and-biological-sciences/ergo..](https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/ergo..) (2013-2023).---- [www.ncbi.nlm.nih.gov/.../PMC9816654](https://www.ncbi.nlm.nih.gov/.../PMC9816654) (2023).--- [cir.nii.ac.jp/.../1360580230626849280](https://cir.nii.ac.jp/.../1360580230626849280) (2022).--

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This review explores the possible roles of ergothioneine (ET) in human health and disease. Boletus (18mg/Kg), shiitake (36mg/Kg), garlic (35mg/Kg), tempeh (200mg/Kg), asparagus (Mexico) (160mg/kg) and other mushrooms and many other foods contain Ergothioneine in lower quantities as shown in table 1 of the link. Some studies have presented evidence that ET can be accumulated at sites of tissue injury, particularly in fatty liver disease, liver fibrosis. A recent study showed that when ET is administered orally, it accumulates rapidly. in the cells of the liver and blood, and also the brain, heart, lung, kidney, spleen and eyes.

Since animal sera are commonly used in cell culture media. [febs.onlinelibrary.wiley.com/.../1873-3468.13123](https://febs.onlinelibrary.wiley.com/doi/10.1016/j.febslet.2018.08.013) (2018).----- Lion's mane and oyster mushrooms are among the best sources of the diet-derived amino acid, L-ergothioneine (Figure 8 and Supplementary File S4). The variation of L-ergothioneine within some mushroom varieties in our study may be explained by differences in cultivation, handling or degradation rates.

Understanding such variability will require extensive stability studies, which would be valuable to consumers but may be challenging due to limitations such as harvest and shipping time. It is also worth noting that similar differences in L-ergothioneine concentration have been reported for the seven fungus. For example, among eight analytical samples, L-ergothioneine concentrations ranged from 4 to 29 mg/100 g and from 7 to 46 mg/100 g in oyster and lion's mane mushrooms, respectively [ [www.mdpi.com/.../2985](https://www.mdpi.com/2304-4702/15/1/2985) (2023)

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## Country\_Me

Sometimes I can stand on one leg 20 seconds or longer. Does that count? LOL Or needs to be every time? If it counts remembering several things one has to do every day I should be in good shape on this one. Don't get me wrong. I don't remember everything!

Posted On 03/23/2024

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## Dar6416

I add mushrooms to my morning coffee! Turkey Tail.

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## LSquare

Thankfully, Mushrooms made the EWG's 2024 Clean 15, along with other site favorites: cabbage, onions, asparagus, watermelon, sweet potatoes, carrots, avocados, and papaya. Organic is nice, but is not a blanket or universal option for us, so having cleaner, non-organic options makes shopping and healthy eating a little bit more, ahem, palatable.

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## bpm4539

I recently got my first order of safrax tablets. I am starting to wash some of my non-organic produce with 100ppm chlorine dioxide. Here are the details. <https://safrax.com/qr/>

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## LSquare

Thanks BPM. I've done a 10-15 minute soak of fruit and vegetables in a baking soda solution which is supposed to help remove and ameliorate pesticides and other toxins.

Posted On 03/23/2024

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**Mercygrac**

Lots of love and thanks for your webpage!

Posted On 03/24/2024

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