



'save wild' MUSHROOM

CONTACTS:
0784 359 492, 0755 239 905 or 0713 067 657
Email: sales@ecowice.org
Web: www.ecowice.org



Mushroom fruit just picked from farm, packed in 50g and 200g packets, the contents is made of combined stems and leaves to bring the natural look and enjoyable taste when cooked.



It can either be cooked alone or with combination of other relishes. It has all crucial minerals such as niacin, selenium, riboflavin, zinc, iron, calcium, magnesium, sodium, phosphorus, potassium also have vitamin B,C, D and Ergothioneine all are required by Human being to prevent from deadly diseases like diabetes, cancers, reduces overweight and maintaining body mass index

Immune System Strength

Ergothioneine, a powerful antioxidant present in mushrooms, is very effective in providing protection from free radicals as well as boosting the immune system. It is actually an amino acid that contains sulfur, which is something that many people are deficient in, despite not knowing it or seeing its effects. That being said, the presence of this "master antioxidant" which is unique to mushrooms, can give you a major boost to immune system health



Weight Loss:

Would you believe me if I said that a completely lean protein diet is ideal for losing fat and building muscle mass? Well, believe it or not, it's true. Most fats are burnt to digest proteins found in our food, more so when the protein is accompanied by a very low carbohydrate count, no fat or cholesterol, and a good amount of fiber

Nature Conservation

Apart from its healthy significance, mushroom is produced by rural communities living adjacent wildlife and forest areas as their alternative from cutting down trees and hunting animals when looking for their livelihood.

When you buy 'save wild' mushroom, you are supporting them to abandon environmental destructive activities and hence help to conserve nature which is the base of our survival.

