

Health Benefits of *Mushrooms* for Children



Supports growth



Gets absorbed
effectively into the body



Boosts iron levels



Builds immunity



Promotes skin health



Benefits the gut

References:

1. Investigation of the nutritional value and antioxidant activities of common Bangladeshi edible mushrooms; Clinical Phytoscience <https://clinphytoscience.springeropen.com/articles/10.1186/s40816-020-00235-3>
2. A Critical Review on Health Promoting Benefits of Edible Mushrooms through Gut Microbiota; NCBI <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5618583/>

