

## NATURE

Mushrooms with prohealth activity for the human body (daily dosage: 300–400 g of fresh weight after processing)



*Cantharellus cibarius* (Chanterelle) – photo Paweł Stasiowski



*Imleria badia* (Bay bolete) – photo Paweł Stasiowski



*Suillus luteus* (Slippery Jack mushroom) – photo Paweł Stasiowski



*Pleurotus ostreatus* (Oyster mushroom) – photo Bożena Muszyńska



*Agaricus bisporus* (white bottom mushroom) – photo Bożena Muszyńska



*Lentinula edodes* (shiitake) – strains and fruiting bodies on solid medium in Petri dishes – photo Bożena Muszyńska