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# Oyster Mushrooms

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Info Booklet

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**Biobritte Agro Solutions  
Private Limited India**  
Phone: +91-9923806933  
Whatsapp: +91-9850985511  
Email:  
biobritte.agro@gmail.com

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<https://biobritteagrosolutionspvtltd.in/>

**International Supplier of Mushrooms and Mushroom Products**

### About Biobritte:

“Biobritte Agro Solutions Private Limited” is top mushroom company in India which grows different type of mushrooms which includes edible or culinary mushrooms and medicinal mushrooms. Biobritte believes in quality and international standards.

“Biobritte Agro Solutions Private Limited” is ISO 9001:2015 QMS certified company. Biobritte follows strict hygienic conditions for growing; post-harvest processing, Packing and Distribution.

“Biobritte Agro Solutions Private Limited” is audited by Different certification agencies and obtained following product and manufacturing Certifications.

1. ISO 22000:2018 FSMS
2. Good Manufacturing Practice (GMP)
3. Food Safety and Standards Authority of India (FSSAI)
4. Hazard Analysis and Critical Control Point (HACCP)
5. Halal

*Biobritte Agro Solutions Private Limited is International Exporter.*



## Oyster Mushrooms



### Basic Information:





Oyster Mushrooms are edible mushrooms of *Pleurotus* spp. With a rich traditional history stretching back at least 3,000 years in Asian cultures, the Oyster Mushroom was seen as a culinary delight as much as a medicinal fungi. In Traditional Chinese Medicine (TCM), this mushroom is prescribed for muscle, joint and tendon relaxation, to strengthen veins and increase kidney function.

According to mycological genius Paul Stamets, the Oyster Mushroom is “The Workhorse of Gourmet Fungi”. This is due to the fact it has been discovered that not only are they an exceptional ally to our health, these mushrooms have the seemingly unique ability to degrade environmental toxins, and especially hydro-carbon based contaminants. Their role as guardians of the biosphere is becoming clear as new research into their complex biochemistry proves their potential to combat hunger, improve immunity and clean up polluted lands.

### About the product:

Oyster mushrooms are a very versatile mushroom, and are an entire genus of mushroom called 'pleurotus' as opposed to being one single type. This genus contains over 15 different edible species with colours ranging from pink (pleurotus djamour), yellow (pleurotus citrinopileatus), blue (pleurotus columbinus), brown and grey (pleurotus ostreatus). These mushrooms are relatively easy to grow, and can adapt to many different mediums, such as: cereal straw and grain, paper and cardboard, wood-chip, and even textiles. Because of this, that they are relatively easy to grow and harvest.

### Types of Mushrooms:

<p><b>Grey Oyster Mushrooms</b></p> 	<p>• <b>White Oyster Mushrooms</b></p> 
<p><b>Pink Oyster Mushrooms</b></p> 	<p><b>Yellow Oyster Mushrooms</b></p> 

**Blue Oyster Mushrooms**



**King Oyster Mushrooms**



**Constituents:**

Beta-glucan Polysaccharides, Anti-oxidant Amino Acids (Ergothioneine), Lovastatin, Minerals, Range of B vitamins and High in Protein.

**Culinary Uses:**

Most commonly this mushroom is consumed as a food. Add the powder to smoothies, or to soups, stews and mushroom dishes to give depth of flavor.

Oyster mushrooms are unique in that they don't have the typical deep, earthy flavour that we associate with other mushrooms such as the shiitake or the field mushroom. They are quite mild and sweet, which means they are perfect for adding taste and texture to all kinds of cuisine. When freshly picked, they have a subdued smell that is similar to anise, though this smell wears away shortly after they are picked. By growing your own oyster mushrooms, you can ensure that they are as fresh and distinctive as possible when you use them in your dishes.

Their thin texture, fast cooking times, and have a subdued flavour which makes them widely used in dishes such as rice dishes, stir fries and stews. The mild taste ensures that it does not overpower any dish that it is used in, and even when used extremely



fresh, picked straight from us, the gentle taste it imparts compliments rather than dominates a dish.

## **Nutritional Importance and Benefits:**

### **Immune System**

Oyster Mushrooms contain complex carbohydrates made up of small sugar molecules known as polysaccharides, more specifically they contain certain polysaccharides, *beta-D-glucans*. These powerful compounds naturally boost the immune system by optimising its response to disease and infections. Over 150 years of research has found that beta glucans act as immunomodulator agents, meaning they trigger a cascade of events that help to regulate the immune system and make it more efficient.

Specifically, beta glucans stimulate the activity of *macrophages* - versatile immune cells that ingest and demolish invading *pathogens* and stimulate other immune cells to attack. Macrophages also release *cytokines*, chemicals that when secreted enable the immune cells to communicate with one another. In addition, beta glucans stimulate lethal white blood cells (*lymphocytes*) that bind to tumours or viruses, and release chemicals to destroy them.

### **Heart Health**

Oyster Mushrooms have a natural cholesterol reducing effect similar to lovastatin, (a synthesized drug that treats patients with excessive blood cholesterol). These mushrooms have been widely studied for their effect on modulating blood cholesterol levels and evidence shows that Oyster Mushrooms have the ability to reduce triglycerides and LDL cholesterol.

It has also been found that Oyster Mushrooms contain *erogothioneine*, a lesser known antioxidant amino acid that protects the cells of the body, reducing triglycerides which can cause cardiovascular disease.

Finally, the rich nutrient content of these mighty mushrooms can reduce high blood pressure – another pre-cursor to heart disease and damage to the coronary arteries.

### **Antibacterial**

“The Journal of Agricultural and Food Chemistry” published a study in 1997. The results showed that Oyster Mushrooms have significant antibacterial activity due to an active compound, “*benzaldehyde*”, which was shown to reduce bacterial levels in the body.

It seems that the compounds released by the mushroom to digest organic material from nature to use it for food are also the same compounds that can help combat infections in the body.

<b>High in</b>	<b>Low in</b>
<b>protein &amp; fibre</b>	Calories
<b>iron, zinc, potassium, phosphorus &amp; selenium</b>	fat free
<b>calcium</b>	cholersterol-free
<b>folic acid</b>	gluten-free
<b>vitamins B1, B3, B5 &amp; B12</b>	very low in sodium
<b>vitamin C &amp; vitamin D</b>	

## Our Products:

### 1. Fresh Mushrooms



### 2. Dry Mushrooms



### 3. Dry Mushroom Powder



### 4. Mushroom Cookies



### 5. Mushroom Pickles



### 6. Mushroom Chips





## Our Current Price List of Oyster Mushroom Products

Sr. No.	Product	Prices in INR	If Requirement is more in quantities
1	Dry Oyster Mushrooms (Grey, white, blue, Pink, Yellow)	1000 Rs per Kg	contact <a href="mailto:biobritte.agro@gmail.com">biobritte.agro@gmail.com</a>  If you need regular supply you can make contract with us and we supply mushrooms at cheap prices.
2	Oyster Mushroom Cookies	60 Rs/100 gram	
3	Oyster Mushroom Powder	820 Rs Per Kg	
4	Oyster Mushroom Pickles	170 Rs/250 Gram	
5	Fresh Oyster Mushrooms [only Contract based]	160 Rs/Kg	

To order please contact:

Local and International Inquiries to:

- Phone: +91-9923806933
- Whatsapp: +91-9923806933
- E-mail: [biobritte.agro@gmail.com](mailto:biobritte.agro@gmail.com)
- <https://biobritteagrosolutionspvtltd.in/mushrooms>

