

**FONTE:**

- Consuming Lentinula edodes (Shiitake) Mushrooms Daily Improves Human Immunity: A Randomized Dietary Intervention in Healthy Young Adults <https://pubmed.ncbi.nlm.nih.gov/25866155/>
- Effect of shiitake (Lentinus edodes) extract on antioxidant and inflammatory response to prolonged eccentric exercise <https://pubmed.ncbi.nlm.nih.gov/23756400/>

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