

Buy Fresh Oyster Mushroom in Islamabad from ZTBL-Farm



The health benefits of mushrooms include relief from high cholesterol levels, breast cancer, prostate cancer, and diabetes. They also help in weight loss and increase the strength of your immune system.

Mushrooms provide you with lean proteins since they have no cholesterol or fat and have very low carbohydrates. The fiber and certain enzymes in them also help to lower cholesterol levels. Moreover, the high lean protein content found in them helps burn cholesterol when they are digested. Balancing levels of cholesterol between LDL or bad cholesterol and HDL or good cholesterol is essential in the prevention of various cardiovascular diseases like atherosclerosis, heart attack, and stroke.



We are suppliers of fresh Oyster Mushrooms in Islamabad, Pakistan at ZTBL Farm Orchard Road Margalla Town Islamabad

Cost: Rs.50/Pack

Packweight: 125grams