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A Review of side effects of Kombucha

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Kombucha is a mushroom fermented in sweetened black or green tea, originally found in Asia, being used as a remedy for many ailments in this region. Kombucha is not a usual mushroom because it represents the symbiosis between yeast and a variety of bacteria aggregated through a permeable membrane. Among the benefits of Kombucha tea are the potential antioxidant effect ...

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