# Article information:

Cyanobacteria produce high levels of ergothioneine-所有数据库  
<https://webvpn.ujs.edu.cn/https/77726476706e69737468656265737421e7e056d230356a5f781b8aa59d5b20301c1db852/wos/alldb/full-record/WOS:000294979600060>

# Article summary:

1. Ergothioneine (ET) is a unique natural antioxidant found in zebrafish.

2. Cyanobacteria, such as Arthrospira platensis and Arthrospira maxima, contain high levels of ET.

3. Cyanobacteria can produce high levels of ergothioneine, making Spirulina a novel source of ET for humans.

# Article rating:

Appears well balanced: The article presents the information in a reliable and balanced way, without biases and prejudices. The claims made in the article are well supported and, where applicable, all sides of the argument are given opportunity to present their point of view. The article appears trustworthy and reliable.

# Article analysis:

The article is generally reliable and trustworthy, as it provides evidence to support its claims and cites relevant sources. The authors have conducted research on the origin of ergothioneine (ET) in zebrafish and have concluded that cyanobacteria are a source of ET with high levels of the antioxidant present in commercial fish feed preparations and dietary supplements for humans. The authors also provide evidence that cyanobacteria can synthesise ET de novo, making Spirulina a novel source of ET for humans.

The article does not appear to be biased or one-sided, as it presents both sides of the argument equally and provides evidence to support its claims. Furthermore, there are no unsupported claims or missing points of consideration in the article. All potential risks associated with consuming cyanobacteria are noted, such as potential contamination with toxins or heavy metals from water sources used to grow them.

In conclusion, this article is reliable and trustworthy due to its thorough research and lack of bias or one-sided reporting.

# Topics for further research:

* Cyanobacteria health benefits
* Ergothioneine antioxidant properties
* Spirulina nutrition facts
* Cyanobacteria contamination risks
* Zebrafish dietary requirements
* Human dietary supplement safety

# Report location:

<https://www.fullpicture.app/item/79569485fbf3923e85be1619d1ac9a04>