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Hericium erinaceus Improves Recognition Memory and Induces Hippocampal and Cerebellar Neurogenesis in Frail Mice during Aging

Daniela Ratto ¹, Federica Corana ², Barbara Mannucci ², Erica Cecilia Priori ¹, Filippo Cobelli ¹, Elisa Roda ^{1,3}, Beatrice Ferrari ¹, Alessandra Occhinegro ¹, Carmine Di Iorio ¹, Fabrizio De Luca ¹, Valentina Cesaroni ⁴, Carolina Girometta ⁴, Maria Grazia Bottone ¹, Elena Savino ⁴, Hirokazu Kawagishi ⁵ and Paola Rossi ^{1,*}