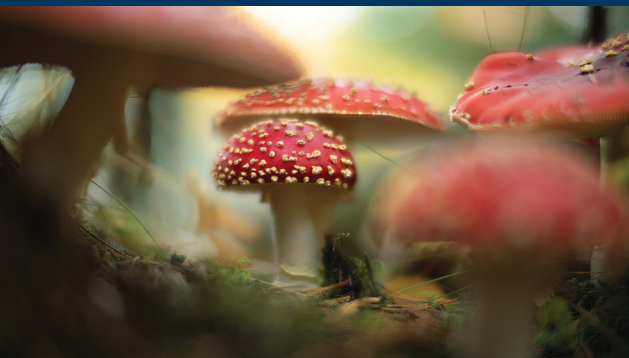


# Mushroom Product Safety for Consumers



*Amanita muscaria* mushroom patch, ground level

## A note on *Amanita muscaria*

*Amanita muscaria*, a species of mushroom, can cause serious adverse reactions in some consumers. The FDA does not allow the use of *A. muscaria* in conventional food products, but it may be found in dietary supplements. *A. muscaria* was identified as the cause of a wide range of health issues during an outbreak related to mushroom-containing chocolates and candies in 2024, though every person's body can react differently to various species of mushrooms. Symptoms may be as minor as gastrointestinal distress (nausea, vomiting, or diarrhea) or more severe. Contact emergency services if you experience severe symptoms including difficulty breathing, abnormal heart rate, or seizures after consuming a mushroom-containing product.

**Mushrooms** can be consumed as a food, but many mushroom-containing products are considered “medicinal” and/or sold as dietary supplements in various forms such as gummies, candies, tinctures, teas, pills, powders, or beverages. In recent years, mushroom-containing products used for health or recreation have been increasing in popularity.

## Mushroom Product Considerations

A variety of mushroom-containing products are being sold, though further research to confirm the effects, safety, and dosage of these products is needed. Consider the following before purchasing or consuming mushroom-containing products:

- ☐ **Consult with your primary care provider** if using mushroom products. People may react differently to the same product. Some products may cause adverse health effects or could interact with medications you are taking.
- ☐ **Consider safe storage of mushroom products.** Some products have colorful packaging that may be appealing to children. Keep all products out of reach of children.
- ☐ **Use caution when purchasing mushroom products.** Not all mushroom products are the same quality. Professional-looking packaging does not always indicate that the product was produced commercially or labeled accurately. The U.S. Food and Drug Administration (FDA) does not approve dietary supplements, and these products do not require a premarket review or safety approval. All products should contain an ingredient statement that lists each type of mushroom included in the product.
- ☐ **Check if the product contains THC.** Many mushroom products on the market also contain THC or other hemp or cannabis-derived cannabinoids. To tell if a mushroom product contains hemp-derived cannabinoids, look for these common indicators on the package:
  - Statement saying “2018 Farm Bill compliant”
  - Ingredients include “hemp-derived cannabinoids” or “hemp extract”
  - A cannabis leaf symbol, or the terms “D9”, “D8”, “sativa”, or “indica”
- ☐ **Ensure the product does not contain psilocybin.** Psilocybin may cause hallucinations, an altered state of consciousness, nausea, vomiting, muscle weakness, and a lack of coordination. Psilocybin-containing products are not legal for sale in Minnesota.

# Conventional foods versus dietary supplements

Mushroom-containing products may be marketed and sold as either conventional foods or as dietary supplements. Conventional foods are the everyday food items people may eat as a part of a meal or snack. These foods have nutritional value and are not specialized products like medical foods or dietary supplements. Dietary supplements are added to an existing diet made up of conventional foods. Dietary supplements are products intended for ingestion but are primarily advertised to have an impact on the body or health of a person. The U.S. Food and Drug Administration (FDA) does not approve dietary supplements, and these products do not require a premarket review or safety approval. Mushroom-containing dietary supplements must be clearly labeled with the word “Supplement” and display a Supplement Facts panel. Conventional food products must display a Nutritional Facts panel.

## MUSHROOM LABELING FACTS

Conventional Food VS Dietary Supplement



### Nutrition Facts

2 servings per container  
Serving size 1/2 bar (20g)

| Amount Per Serving       |                |
|--------------------------|----------------|
| Calories 100             |                |
|                          | % Daily Value* |
| Total Fat 8g             | 10%            |
| Saturated Fat 4g         | 20%            |
| Total Carbohydrates 7g   | 3%             |
| Dietary Fiber 1g         | 4%             |
| Total Sugars 5g          |                |
| Includes 4g Added Sugars | 8%             |
| Protein 2g               | 4%             |
| Vitamin D 0.5mcg         | 2%             |
| Calcium 12mg             | 1%             |
| Iron 1mg                 | 6%             |
| Potassium 140mg          | 4%             |

\* The Percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition guidance.

Ingredients: Cacao, Cacao Butter, Sugar, Reishi Mushrooms

### Supplement Facts

Serving size: 1 gummy (5g)  
Servings per container: 25

|   | Amount Per Serving | % Daily Value |
|---|--------------------|---------------|
| Calories  | 20                 |               |
| Total Carbohydrates   | 5g                 | 1.6%**        |
| Total Sugars  | 5g                 | †             |
| Includes 5g Added Sugars  |                    | 8%            |
| Sodium (as Sodium Citrate)  | 5mg                | <1%           |
| Reishi Mushroom<br>(Fruiting Body)<br>( <i>Ganoderma lingzhi</i> )<br>(From 15mg of 10:1 extract)       | 150mg              | †             |
| Lion's Mane Mushroom<br>(Fruiting Body)<br>( <i>Hericium erinaceus</i> )<br>(From 15mg of 10:1 extract) | 150mg              | †             |

† Daily Value not established  
\*\* Percent Daily Value (DV) are based on a 2,000 calorie diet

Other Ingredients: Glucose Syrup, Sugar, Pectin, Citric Acid, Sodium Citrate, Natural Flavor, Fruit Juice for Color