

# Mushroom Product Safety for Retailers



*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.

In recent years, mushroom-containing products have increased in popularity. Though a variety of mushroom products are being marketed, further research to confirm their effects, safety, and dosage is needed. It is important that retailers ensure that any mushroom products sold are legal and have proper labeling to allow consumers to make informed decisions about purchasing these products, and to remain compliant with Minnesota laws.

## Mushroom Product Considerations

There are a variety of mushroom-containing products available on the market, many of which are considered dietary supplements. However, not all products are legal for sale in Minnesota, or have correct labeling. Take the following steps prior to selling mushroom-containing products at your store:

- ☐ **Determine if the product has accurate labeling.** Mushroom products will either be considered a food or a dietary supplement. Labeling requirements vary between the two and some mushroom species are not allowed in conventional foods but may be in dietary supplements (e.g., *Amanita muscaria*). Please see the FDA Food Labeling Guide for more information.
- ☐ **Review product labeling for ingredients.** All mushroom species in each product must be listed on the label. A label cannot simply state, "proprietary blend of mushrooms" without the contents of the blend listed. Mushroom-containing dietary supplements must include both the common and Latin name of the mushroom, as well as the part of the mushroom used (e.g., "fruiting body" or "mycelium").
- ☐ **Check if the product contains THC.** Many mushroom products on the market also contain THC or other hemp or cannabis-derived cannabinoids. Any mushroom products containing hemp-derived cannabinoids are subject to and must comply with MINN. STAT. 151.72 and require a license from the Minnesota Office of Cannabis Management (OCM) to sell. 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.
- ☐ **Ensure product labeling does not make unqualified health claims.** Please see the FDA Food Labeling Guide for more examples of qualified claims.
- ☐ **Acquire a license to sell food.** You must be licensed with the MDA, the Minnesota Department of Health (MDH), or a delegated agency to sell food, including dietary supplements, in Minnesota. Some businesses meet qualified exemptions or exclusions for licensing. Please contact the MDA Licensing Liaison for more information on licenses, exemptions, and exclusions.
- ☐ **Consider other licensing requirements for manufacturing mushroom products.** If you are also making or packaging mushroom products for sale, you may need to meet additional requirements for licensure. For example, producing mushroom tinctures with alcohol will require an Ethyl Alcohol Permit from the Minnesota Department of Public Safety (DPS).

# 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 (Fruiting Body) ( <i>Ganoderma lingzhi</i> ) (From 15mg of 10:1 extract)	150mg	†
Lion's Mane Mushroom (Fruiting Body) ( <i>Hericium erinaceus</i> ) (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