



The Mushroom Supplement Label Decoder

11 checks to make before a mushroom supplement earns a place in your routine.

■ 1. Species named	Look for the specific mushroom species, not only "mushroom complex" or a mystery proprietary blend.
■ 2. Fungal material disclosed	Identify whether the product uses fruiting body, mycelium, myceliated grain, or a combination.
■ 3. Extract language explained	A ratio such as 10:1 describes processing. It does not automatically mean ten times the benefit.
■ 4. Beta-glucans separated	Prefer a clear beta-glucan value over a broad polysaccharide number that may include starch.
■ 5. Serving math works	Count capsules, gummies, scoops, drops, or packets per full serving and calculate servings per package.
■ 6. Caffeine is specific	For mushroom coffee, check milligrams per serving. "Low caffeine" is not the same as caffeine-free.
■ 7. Every added active is intentional	Review herbs, vitamins, amino acids, MCT, absorption enhancers, and ingredients already used elsewhere.
■ 8. Sweeteners and carriers fit	Check sugars, sugar alcohols, acids, oils, alcohol, glycerin, flavors, fillers, and allergens.
■ 9. Testing is meaningful	Look for identity, contaminants, heavy metals, microbes, and a recent lot or finished-product testing policy.
■ 10. Warnings match your situation	Review medication, allergy, pregnancy, surgery, age, and medical-condition concerns with a qualified professional.
■ 11. The exact listing matches	Confirm variation, package count, seller, label, directions, and return terms before checkout.

Next step: read the full label guide at
myshroomplanet.com/how-to-read-a-mushroom-supplement-label/

Educational use only. This checklist does not diagnose, treat, cure, or prevent disease and is not a substitute for medical or pharmaceutical advice. Product formulas and listings can change.