



Nutritional Fact Sheet

Lion's Mane Mushrooms

Ingredients: Dried Lion's Mane Mushrooms

Description & Directions: Fresh, mature, mushrooms are washed, sliced, and dried to specifications. Rehydrate in boiling water for 8-10 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product.

Storage & Shelf-life: Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 Grams Dry
Calories	336.00 kcal
Protein	29.20 g
Total Carbohydrate	48.80 g
Sugars	2.57 g
Added Sugars	0.00 g
Dietary Fiber	23.40 g
Total Fat	2.65 g
Saturated Fat	0.57 g
Cholesterol	<3.00 mg
Vitamin D	<0.25 mcg
Calcium	10.50 mg
Iron	8.34 mg
Potassium	5170.00 mg
Sodium	10.60 mg
Trans Fat	<0.10 g