

Serving size	1 teaspoon	% Daily Value	8 teaspoons	% Daily Value	13 teaspoons	% Daily Value	24 teaspoons	% Daily Value
Amount per serving (grams)	2.5		20		32.5		60	
Calories	9.7	0.5%	77.4	3.9%	125.8	6.3%	232.2	11.6%
Total Fat	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Saturated Fat	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Trans Fat	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Cholesterol	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Sodium	0.13	5.7%	1.04	45.2%	1.69	73.5%	3.12	135.7%
Total Carbohydrates	2.0	0.7%	16	5.8%	26	9.5%	48	17.5%
Dietary Fiber (Beta Glucans and others)	1.0	3.6%	8	28.6%	13	46.4%	24	85.7%
Sugars (natural carbohydrates)	0.7	*	5.6	*	9.1	*	16.8	*
Protein	0.05	0.1%	0.4	0.8%	0.65	1.3%	1.2	2.4%
Vitamin A	0.010	1.1%	0.08	8.9%	0.13	14.4%	0.24	26.7%
Thiamine (Vitamin B1)	0.090	7.5%	0.72	60.0%	1.17	97.5%	2.16	180.0%
Riboflavin (Vitamin B2)	0.030	2.3%	0.24	18.5%	0.39	30.0%	0.72	55.4%
Niacin (Vitamin B3)	0.040	0.3%	0.32	2.0%	0.52	3.3%	0.96	6.0%
Pantothenic Acid (Vitamin B5)	0.030	0.6%	0.24	4.8%	0.39	7.8%	0.72	14.4%
Folate (Vitamin B9)	0.003	0.8%	0.024	6.0%	0.04	9.8%	0.07	18.0%
Vitamin B12	0.080	3.3%	0.64	26.7%	1.04	43.3%	1.92	80.0%
Vitamin C	0.010	0.0%	0.08	0.1%	0.13	0.1%	0.24	0.3%
Vitamin D	0.090	0.5%	0.72	3.6%	1.17	5.9%	2.16	10.8%
Calcium	1.400	0.1%	11.2	0.9%	18.2	1.4%	33.6	2.6%
Copper	0.003	0.3%	0.02	2.7%	0.04	4.3%	0.07	8.0%
Iron	0.130	0.7%	1.04	5.8%	1.69	9.4%	3.12	17.3%
Magnesium	0.003	0.60%	0.02	4.8%	0.03	7.7%	0.06	14.3%
Manganese	0.00001	0.51%	0.0001	4.1%	0.00015	6.6%	0.0003	12.3%
Phosphorus	0.018	1.40%	0.14	11.2%	0.23	18.2%	0.42	33.6%
Potassium	0.075	1.6%	0.6	12.8%	1.0	20.7%	1.8	38.3%
Zinc	0.002	15.54%	0.01	124.3%	0.02	202.0%	0.04	373.0%
Protein Bound Polysaccharides								
CO-N	*	*	*	*	*	*	*	*
SN-C	*	*	*	*	*	*	*	*
CO-1	*	*	*	*	*	*	*	*
Polysaccharide Kureha (PSK)	*	*	*	*	*	*	*	*
Polysaccharide peptide (PSP)	*	*	*	*	*	*	*	*
Nucleotides	*	*	*	*	*	*	*	*
Transition metals	*	*	*	*	*	*	*	*
L-ergothioneine	*	*	*	*	*	*	*	*
Stearic Acid	*	*	*	*	*	*	*	*
Palmitic acid	*	*	*	*	*	*	*	*
Oleic Acid	*	*	*	*	*	*	*	*
Linolenic Acid	0.011	0.7%	0.09	5.6%	0.15	9.1%	0.27	16.9%

Nutritional Value

MyShroom medicinal mushroom blends

Eicosenoic acid	0.000	*	0.003	*	0.01	*	0.01	*
Linoleic acid	0.073	*	0.58	*	0.94	*	1.74	*
Palmitoleic acid	*	*	*	*	*	*	*	*
Eicosenoic acid	0.010	*	0.08	*	0.13	*	0.24	*
Eicosadienoic acid	*	*	*	*	*	*	*	*
Myristic acid	*	*	*	*	*	*	*	*
Caprylic acid	*	*	*	*	*	*	*	*
Capric acid	*	*	*	*	*	*	*	*
Lignoceric acid	*	*	*	*	*	*	*	*
Behenic acid	*	*	*	*	*	*	*	*
Arachidic acid	*	*	*	*	*	*	*	*
Maltose	*	*	*	*	*	*	*	*
Sucrose	*	*	*	*	*	*	*	*
Lactose	*	*	*	*	*	*	*	*
Glucose	*	*	*	*	*	*	*	*
Fructose	*	*	*	*	*	*	*	*
All essential amino acids	*	*	*	*	*	*	*	*
Phenylalanine amino acid	0.088	10.0%	0.7	80.0%	1.1	130.0%	2.1	240.0%
Valine amino acid	0.188	10.3%	1.5	82.4%	2.4	133.9%	4.5	247.3%
Threonine amino acid	0.188	17.9%	1.5	142.9%	2.4	232.1%	4.5	428.6%
Tryptophan amino acid	0.073	25.9%	0.58	207.1%	0.9	336.6%	1.74	621.4%
Methionine amino acid	0.056	7.7%	0.45	61.8%	0.7	100.4%	1.35	185.4%
Leucine amino acid	0.263	9.6%	2.1	76.9%	3.4	125.0%	6.3	230.8%
Isoleucine amino acid	0.200	14.3%	1.6	114.3%	2.6	185.7%	4.8	342.9%
Lysine amino acid	0.263	12.5%	2.1	100.0%	3.4	162.5%	6.3	300.0%
Histidine amino acid	0.038	5.4%	0.3	42.9%	0.5	69.6%	0.9	128.6%
Glutathione	*		*		*		*	

* Daily recommended allowance not determined

8/1/2020	Product		Daily Dosage Observations			
Health Challenge	The type of Blend to be used to start with	The second type of Blend to be used after <u>four weeks</u> of using the first blend	Initial dosage, see recipe for ideas for how to use it.	The dosage when consumed with a organic green vegetable or sweet potato. Make a juice or smoothie that has some green vegetables. May add any fruit or flavor of your choice.	Dosage observations reported after disease markers show an improvement, or that their disease stops growing. Consume with a green vegetable or sweet potato.	The maintenance dosage after there is a full recovery, and to prevent a possible genetic defect
Cancers	Immune Health	Immune Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Bone and Muscle	Immune Health	Immune Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Brain and nerve damage	Immune Health	Cognitive Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Depression	Immune Health	Immune Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Addictions	Immune Health	Immune Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Neurological diseases	Immune Health	Immune Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Diabetes	Immune Health	Blood Sugar Balance	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Liver disease	Immune Health	Liver Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Pain	Immune Health	Immune Health	64 grams (24 to 26 tsps.)	64 grams or more (24 to 26+ tsps.)		
Other Diseases or illnesses	Immune Health	Immune Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
When treating using stem cells: Having the patient consume the immune health blend with a dosage of 15 grams a day. It has shown to support stem cells.	Immune Health	Immune Health	21 grams (7 to 8 tsps.)	16 grams (6 to 7 tsps.)		

NOTES from collaborations and observations:

- 1 **One level teaspoon is equal to 2.5 to 2.7 grams.**
- 2 Please consult with your nutritionist, geneticist, dietitian or physician as to proper protocols and diet when consumed in combination with this product.
Observations: Every patient is different and we find that some patients have a positive outcome with a small dosage versus some that need a greater dosage.
- 3 The product has no toxicity and is safe for pregnant patients.
- 4 Child dosage can be reduced by one half.
- 5 The product is safe for those allergic to penicillin.
- 6 Keep the product in a dry place, and you can refrigerate but do not freeze the product.
- 7 The substrates used in growing the hybrid strains are organic and autoclaved before use.
- 8 PAIN Observations show that a dosage of 24 teaspoons (64 grams) or more a day with food or beverage. Observations show that no pain killer drugs may be necessary with this dosage.
- 9 It is found that there is a faster increase in progress to support the immune system when consumed with unsweetened coconut milk in the smoothie or beverage.
- 10 The appropriate dose depends on other factors such as the user's age, health and several other conditions. Be sure to follow relevant directions on product information and consult your pharmacist or physician or other healthcare professional before using.
The information is based on research and collaboration with many physicians and scientist that have used the hybrid strains at their universities or clinics with animals and humans
- 11 The compiled information is also from anecdotal cases where patients have had positive outcomes
- 12 The product can be added to a skin cream and applied topically and it has been shown to support patients immune system in comas or when they can not consume the product
- 13 Many of the molecules that make up the medicinal mushroom chemistry's have a weight and size that is small enough that it can penetrate the skin when applied with oil or skin cream
- 14 The molecular structure and weight is small enough that it does penetrate the blood brain barrier and can be a catalyst with other protocols so those protocols can penetrate the blood brain barrier
- 15 Product descriptions can be found at www.myshroom.com
- 16 The products does not diagnose, treat, or cure disease. Observations only, no medical advice is given, discussion purposes only.
- 17 Go to the recipe link on mycoldiscovery.com for ideas on how to consume the product with a beverage, smoothie or salad.