

MUSHROOM EDIBLES

THE GREAT UNKNOWN

WHAT ARE MUSHROOM EDIBLES?

Mushroom edibles are gummies and chocolates that claim to be psychoactive—without containing illegal psilocybin. Marketed as a legal way to get high, these products are showing up in gas stations, smoke shops, and online.

WHAT'S IN THEM?

The most common mushroom used in these products is nicknamed the “Mario mushroom” because it looks like the red-and-white spotted mushroom from the Mario Brothers video game.

Some products claim to be psychoactive while also claiming to contain only non-psychoactive mushrooms—an obvious contradiction.

Inaccurate labeling like this is common, making it impossible for users to know what they're really consuming.

WHAT'S REALLY IN THEM?

Testing by researchers and federal regulators has shown that these products may contain a wide range of unlisted—and potentially dangerous or illegal—ingredients:

- **Psilocybin**—the psychoactive compound found in “magic” mushrooms
- **Psilocin**—A related psychedelic substance similar to psilocybin
- **Kratom**—an herb that produces opioid-like effects
- **Prescription medications**

WHAT IS THE RISK?

Without knowing exactly what's in them, it's impossible to be sure mushroom edibles are safe.

Testing has shown the edibles contain dangerous chemicals that have caused a variety of symptoms, including:



Respiratory failure



Seizures



Loss of consciousness



Abnormal heart rates



Changes in blood pressure



Nausea and vomiting



If you experience a reaction after taking mushroom edibles, don't hesitate. **Call 9-1-1 immediately and get medical attention**

ARE THEY LEGAL?

Even if mushroom edibles only contain the “Mario mushroom,” their legal status is still unclear.

While the mushroom itself is legal in many states, laws don't clearly address commercial production or sale. This legal gray area allows brands to avoid oversight or skirt regulation altogether.

STAY CLEAR OF THESE UNKNOWN PRODUCTS!!!

