WHAT IS 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:

Kratom
an herb that produces opioid-like effects

Psilocybin
the compound found in "magic mushrooms" that causes hallucinations

Prescription medications

Psilocin
A related psychedelic substance similar to psilocybin

Both psilocybin and psilocin are illegal at the federal level and in most states.

WHAT DO WE KNOW?

While there is a lot of uncertainty about the ingredients and legality of mushroom edibles, one thing is clear: With so much unknown, it's not worth the risk.

If you experience a reaction after consuming mushroom edibles, don't wait—call 9-1-1 and seek medical attention immediately.

UNKNOWN DANGER

Some products claim to be psychoactive while also stating they contain only non-psychoactive mushrooms—this contradiction highlights the risk of consuming mushroom edibles.

Inaccurate labeling is common across the market.

Labels can't be trusted—and neither can the contents.

Some brands say their products are lab-tested, but there's no way to confirm if those claims are true.

ARE THEY LEGAL?

The laws around mushroom edibles are unclear.

Even if the mushrooms themselves are legal, turning them into commercial products, like gummies, falls into a legal gray area.

Without clear rules, some brands are avoiding regulation altogether.

Until the laws and safety standards are clear, the safest choice is to avoid them.

HIDDEN INGREDIENTS

The truth is nobody really knows what's in mushroom edibles.

Many edible brands say their products are made from a mushroom that contains psychoactive compounds that aren't illegal yet.

Labels on these products are often wrong or misleading.

They might contain hidden illegal drugs, dangerous chemicals, or even prescription medications not listed on the package.

THE KNOWN RISK

A common ingredient, the "Mario mushroom," can be toxic and affects people differently.

Because everyone reacts differently to these substances, there's no reliable way to use them safely.

WHAT ARE MUSHROOM EDIBLES?

- Food products like gummies and chocolates marketed as legal alternatives to get high
- Claim to produce psychoactive effects without illegal substances found in "magic mushrooms"
- Showing up more and more in gas stations, smoke shops, and online stores

THE UNKNOWN RISK

Without knowing exactly what's in them, it's impossible to be sure mushroom edibles are safe.
When the contents are unknown, the risk isn't worth it.

Testing has shown that 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**

PREVIEW