

What Are Mushroom Edibles?

While the word “edibles” has primarily referred to psychoactive products containing THC, there’s a growing market for gummies, chocolates, and other products that claim to contain psychedelic mushrooms and promise consumers a new—and legal—way to get high. Mushroom edibles claim to be psychoactive without containing psilocybin, an illegal drug that is the best-known psychedelic substance derived from “magic” mushrooms. These new products are showing up more and more in gas stations, smoke shops, and online marketplaces.



What’s In Them?

Many edible brands claim their products contain mushrooms with legal psychoactive compounds. The most commonly used mushroom is nicknamed the ‘Mario mushroom’ due to its resemblance to the red-and-white spotted mushroom from the classic *Mario Brothers* video game.

Other brands claim to use only non-psychoactive mushrooms, such as reishi, lion’s mane, and chaga—yet still promise psychedelic effects. This contradiction highlights the risks of mushroom edibles. In reality, consumers may have no idea what they’re actually consuming, as inaccurate labeling is common throughout the mushroom edibles market.

Testing by researchers and federal regulators has found that these products may contain a wide range of unlisted—and potentially dangerous or illegal—ingredients, including psilocybin and psilocin (both illegal psychedelic compounds), kratom (an herb that can cause opioid-like effects), and even prescription medications.

Some brands claim that their products have been lab-tested for safety and provide “certificates of analysis” that allegedly prove what’s inside, but there is no way to know if those claims are accurate.

RESOURCES

Centers for Disease Control

www.cdc.gov/han/2024/han00509.html

www.cdc.gov/environmental-health-studies/outbreak-investigation-diamond-shroomz-products/index.html

Food and Drug Administration

www.fda.gov/food/hfp-constituent-updates/fda-alerts-industry-and-consumers-about-use-amanita-muscaria-or-its-constituents-food

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MUSHROOM EDIBLES

The Great Unknown



Are They Legal?

Even if mushroom edibles—like gummies—only contain compounds from the Mario mushroom, their legal status is still unclear. While the mushroom itself is legal in most states, current laws don't clearly say whether it can be made into or sold as a commercial product.

There's also confusion about how these edibles should be regulated. The Food and Drug Administration (FDA) hasn't decided whether mushroom edibles should be treated as dietary supplements, foods, or drugs.

Because of this legal gray area, law enforcement often lacks guidance, leading to inconsistent enforcement. Some brands take advantage of this loophole to avoid regulation entirely.

This lack of regulation increases the health risks for anyone consuming mushroom edibles.

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

What Do We Know?

Lab tests have found that mushroom edibles often contain inconsistent potency levels and, in some cases, harmful contaminants.

Without proper regulation or oversight, there's no reliable way to know what you're actually consuming.

While much remains uncertain about their ingredients and legal status, one thing is clear: **With so much unknown, it's not worth the risk.**



What Are the Risks?

Without knowing exactly what's in them, consumers cannot be sure that mushroom edibles are safe. Testing has shown the edibles contain dangerous chemicals, leading to a variety of symptoms, including respiratory failure, seizures, central nervous system depression, loss of consciousness, irregular heart rates, hyper/hypotension, nausea and vomiting.

The FDA has warned against consuming products from Diamond Shroomz, a brand linked to severe reactions, including seizures, blackouts, heart problems, nausea, vomiting, and agitation. These products have caused 180 reported illnesses across 34 states, resulting in 73 hospitalizations and three deaths. FDA testing revealed a range of unknown ingredients in Diamond Shroomz products, leaving doctors unable to determine exactly what is making people sick.

Beyond the risk of undisclosed ingredients, even the listed ones—such as the Mario mushroom—can be dangerous. This mushroom can be toxic and affects people very differently than psilocybin. Like psilocybin, it can cause psychedelic effects, including hallucinations and altered perceptions of sight, sound, time, and space. However, the Mario mushroom also contains a sedative component, making its effects feel more like alcohol intoxication, with the risk of blackouts.

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

