

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