



HEALTH CLAIMS

- Low Saturated and trans fatty acids can help reduce total blood cholesterol or blood LDL cholesterol
- Low Sodium can help reduce blood pressure
- Low Sugar
- Increased intake of fruit & vegetables can help reduce risk of coronary heart disease
- Provides 100%RDI of vitamin D (10µg) with only 400mg dose
- Vitamin D is necessary for normal absorption and utilisation of calcium and phosphorus and it's necessary for normal bone structure

FEATURES

- Certified Organic plant based wholefood
- Suitable for vegetarian & vegan diet
- Contains polysaccharides in particular Beta-glucans which has shown to have positive effects on regulating blood cholesterol with diet low in saturated fatty acids
- Natural plant source of vitamin D

Organic High Vitamin D Shiitake Mushroom Powder is an Australian Certified Organic plant-based source of Vitamin D. The Shiitake Mushroom has been cultivated for thousands of years in China and has a rich flavour which is produced from the fruiting bodies. The Shiitake Mushroom is known to contain Lentinan, which has been used to enhance the immune system and aid in improving a higher quality of life. Shiitake naturally contains ergosterol which is a pre-cursor of vitamin D2 along with having immune, cardiovascular and bone health benefits.

SPECIFICATIONS

Physical & Chemical	
Colour	light brown
Mesh	100% pass 100mesh
Moisture (%)	≤9%
Ash	≤15%
Polysaccharides	≥3%
Vitamin D2	≥1,000IU/g
Heavy Metals	<10ppm
Pesticide Residue	<1ppm
Microbiological	
Total Plate Count	< 10,000 cfu/g
Yeast & Mould	< 1,000 cfu/g
<i>E.coli</i>	< 100 cfu/g
Salmonella	Absent/25g

OTHER CHARACTERISTICS

Taste	Characteristic of mushroom
Certification	Organic (NOP; EU; ACO); Kosher; FSSC 22000
Allergens	Free from input of GMO; Dairy; Egg; Gluten; Lupin; Peanuts; Soy; Tree nuts & other additives
Safety	Food grade, suitable for human consumption
Shelf Life	Best Before 36 months in original sealed bag stored <25°C away from direct contact with light, heat & Moisture
Packaging	20kg polybag in cardboard carton

TYPICAL DATA (all figures based on independent analysis)

Labelling	
Organic Shiitake High Vit D Mushroom powder, <i>Lentinula edode</i>	
Nutritional Labelling per 100g	
Energy	1,200kJ
Protein	23.1g
Carbohydrates	-available 27.6g
	-sugars <0.1g
Dietary Fibre	36.3g
Fat	-total 2g
	-saturated 0.3g
	-monounsaturated 0.1g
	-polyunsaturated 1.5g
	-trans <0.1g
Sodium	6mg
Vitamin D2	2,500µg
Calcium	88mg
Magnesium	138mg
Potassium	2,250mg
Phosphorus	808mg
Zinc	9mg

EMISSIONS PROFILE

Carbon Emissions	17.3 kg CO2-e/kg
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*The health claims available for these ingredients are dose related. If you are unsure, please seek regulatory advice to ensure compliance.

Australian and New Zealand Distribution:

PHYTO  THERAPY

Manufacturer:



Organic certified by:



Carbon certified by:

