
 <p>Love Mushrooms <small>Marcassie Farm Scotland</small> Marcassie Farm, Forres, IV36 2RH</p>	FINISHED PRODUCT SPECIFICATION Empower - Perimenopause Support - 60 capsules	Issue Date	July 2025
		Authorised by	Smith Feeney
		Function	Regulatory
		Issue No.	001
		Page	Page 1 of 7

1. MANUFACTURER	
Company Name	Love Mushrooms Ltd
Address	Marcassie Farm, Forres, IV36 2RH
Factory Health Mark if applicable	


2. PRODUCT	
Brand	Love Mushrooms
Product Description	Empower Perimenopause Support - 60 Capsules
Sub-Descriptor	–
Declared Weight/Volume (kg/L)	190g
Serving Size (g/ml)	1-2 capsules
Number of Items per Unit	60 capsules
Number of Units per Case	35
Country of Origin	UK
Ingredients Declaration	<p>Cordyceps mushroom extract (20:1) 50 mg; Lion’s Mane mushroom extract (20:1) 50 mg; Maitake mushroom extract (20:1) 50 mg; Reishi mushroom extract (20:1) 50 mg; Ashwagandha Extract 120 mg; Black Pepper Extract (BioPerine) 5 mg; Dong Quai Root (4:1) 50 mg; Red Clover Extract (8% Isoflavones) 150 mg; Saffron (≥3.5% crocin, picrocrocin, safranal) 10 mg; Sage Leaf Extract 50 mg; Vitamin B12 (Cyanocobalamin) 25 µg; Vitamin B6 (Pyridoxine HCl) 5 mg; Vitamin D3 (Vegan) 25 µg (1000 IU); Vitamin E (D-alpha) 33.6 mg (50 IU); Vitamin</p>

 <p>Love Mushrooms <small>Marcassie Farm Scotland</small> Marcassie Farm, Forres, IV36 2RH</p>	FINISHED PRODUCT SPECIFICATION Empower - Perimenopause Support - 60 capsules	Issue Date	July 2025
		Authorised by	Smith Feeney
		Function	Regulatory
		Issue No.	001
		Page	Page 2 of 7

	K2 (MK-7) 75 µg; Folate (L-5-MTHF) 400 µg; Zinc 10 mg
Allergens Declaration. Where applicable include “may also contain” statement.	No Allergen
Storage Conditions a. Unopened b. Opened	a. Store in a cool, dry place below 25°C. Keep away from direct sunlight, heat, and moisture. Keep out of reach of children b. Store in a cool, dry place below 25°C. Keep away from direct sunlight, heat, and moisture. Keep out of reach of children. Use within 3 months of opening
Shelf Life from date of manufacture	2 Years
Declared Shelf Life	2 Years
Product Coding/Traceability	Best Before, Batch Number Example: BB: 04-02-2027 BN: V1025122
Cooking Instructions	N/A

3. SENSORY CHARACTERISTICS	
Appearance	Pale brown capsules
Aroma	Neutral
Flavour	Neutral
Texture	Smooth

4. NUTRITIONAL INFORMATION			
	Per 100g/ml	Per Serving	Calculated or Analysed
Energy kJ/kcal	0	0	Calculated


 <p>Love Mushrooms <small>Marcassie Farm Scotland</small> Marcassie Farm, Forres, IV36 2RH</p>	FINISHED PRODUCT SPECIFICATION Empower - Perimenopause Support - 60 capsules	Issue Date	July 2025
		Authorised by	Smith Feeney
		Function	Regulatory
		Issue No.	001
		Page	Page 3 of 7

Fat (g)	0g	0g	Calculated
Fats, of which Saturates (g)	0g	0g	Calculated
Carbohydrates (g)	0g	0g	Calculated
Carbohydrates, of which Sugars (g)	0g	0g	Calculated
Fibre (g)	0g	0g	Calculated
Protein (g)	0g	0g	Calculated
Salt (g)	0g	0g	Calculated

4b. FRONT OF PACK NUTRITIONAL INFORMATION				
EACH SERVING CONTAINS				
Energy	Fat	Saturates	Sugars	Salt

5. MICROBIOLOGICAL DATA	
	MAXIMUM
Total Plate Count 10000/g Max.	<10
Yeast & Mould 100/g Max	<10
Salmonella	Negative
E.Coli	Negative
Staphylococcus	Negative


6. CHEMICAL AND PHYSICAL DATA	
Loss on Drying 7% Max.	2.7%
Ash 9% Max.	7.7%

 <p>Love Mushrooms <small>Marcassie Farm Scotland</small> Marcassie Farm, Forres, IV36 2RH</p>	FINISHED PRODUCT SPECIFICATION Empower - Perimenopause Support - 60 capsules	Issue Date	July 2025
		Authorised by	Smith Feeney
		Function	Regulatory
		Issue No.	001
		Page	Page 4 of 7

As 1.0ppm Max.	Complies
Pb 2.0ppm Max.	Complies
Hg 0.1ppm Max.	Complies
Cd 1.0ppm Max.	Complies

7. PACKAGING				
PRIMARY (e.g. bottle, bag, carton etc.)				
Description	Material	Dimensions	Weight	Recyclable
Amber glass jar	Amber glass	45 x 45 x 77mm	60g +/-5%	Yes
Lid	Aluminium	38 x 38 x 10mm	10g +/-0.3g	Yes
Carton	Cardboard	53 x 53 x 100mm	12g +/-0.3g	Yes
Tamper seal	Plastic	-	0.1g	Yes
SECONDARY (e.g. outer case, tray etc.)				
Description	Material	Dimensions	Weight	Recyclable
Outer Case	Brown cardboard	430 x 110 x 300mm	1.1kg	Yes
TERTIARY (e.g. pallet wrap)				
Description	Material	Dimensions	Weight	Recyclable
Pallet	HT Wood	1219 x 1016 x 150mm	30kgs	N/A


8. PALLET INFORMATION	
Pallet type & dimensions	HT Wood 1219 x 1016 x 150mm
Gross Case Weight (kg)	7.7kg
Number of Cases per Layer	6
Number of Layers	2
Number of Cases per Pallet	12

 <p>Love Mushrooms <small>Marcassie Farm Scotland</small> Marcassie Farm, Forres, IV36 2RH</p>	FINISHED PRODUCT SPECIFICATION Empower - Perimenopause Support - 60 capsules	Issue Date	July 2025
		Authorised by	Smith Feeney
		Function	Regulatory
		Issue No.	001
		Page	Page 5 of 7

Total Pallet Height (mm) (includes empty pallet height)	750
Total Pallet Weight (kg) (includes empty pallet weight)	123

9. BAR CODES INFORMATION	
Item Barcode (e.g. EAN)	5065015625568
Case Barcode (e.g. ITF)	15065015625589

10. ALLERGEN INFORMATION			
INGREDIENTS	Contained in product Y/N	Used on same line Y/N	Used in factory Y/N
Celery	N	N	N
Cereals containing gluten	N	N	N
Crustaceans	N	N	N
Eggs and egg products	N	N	N
Fish	N	N	N
Milk and dairy products (including lactose)	N	N	N
Mustard	N	N	N
Nuts	N	N	N
Peanuts	N	N	N
Sesame seeds	N	N	N
Soybeans and its derivatives	N	N	N
Sulphur dioxide and sulphites at concentrations > 10 mg/kg	N	N	N
Lupin	N	N	N
Molluscs	N	N	N

 <p>Love Mushrooms <small>Marcassie Farm Scotland</small> Marcassie Farm, Forres, IV36 2RH</p>	FINISHED PRODUCT SPECIFICATION Empower - Perimenopause Support - 60 capsules	Issue Date	July 2025
		Authorised by	Smith Feeney
		Function	Regulatory
		Issue No.	001
		Page	Page 6 of 7

11. SUITABILITY (Y/N)	
Coeliacs	N
Egg allergy	N
Fish allergy	N
Halal – certified	N
Kosher – certified	N
Milk/lactose intolerance	N
Nut allergy (excluding peanuts)	N
Organic	N
Peanut allergy	N
Vegans	Y
Vegetarians	Y

12. GMO (Y/N)	
Does the product contain any GMO's?	N

AUTHORISED BY	
Name	Smith Feeney
Position	Director
Date	30 th July 2025
Signature (Electronic is acceptable)	<i>Smith Feeney</i>

Section 13 - Supplier declaration


We declare that the details included in this specification are correct and accurately represent the product sold by

This product is processed and approved under strict conditions that comply with all relevant standards of hygiene, food safety and quality control under current legislation. General Food Regulation 178/2002 General Food law 2004

Declarations of conformity:

HACCP: The product complies with Regulation (EC) 852/2004

The Food Information to Consumer Regulations No 1169/2011

 <p>Love Mushrooms® <i>Marcassie Farm</i> <i>Scotland</i> Marcassie Farm, Forres, IV36 2RH</p>	FINISHED PRODUCT SPECIFICATION Empower - Perimenopause Support - 60 capsules	Issue Date	July 2025
		Authorised by	Smith Feeney
		Function	Regulatory
		Issue No.	001
		Page	Page 7 of 7

GMO: The product is GMO free and is not manufactured from GMO raw materials. Therefore, it is not subject to labelling under Regulation 1829/2003/EC and Regulation 1830/2003/EC concerning the traceability and labelling of food and feed products produced from GMO and any amending legislation.

IRRADIATION: The product has not been submitted to irradiation treatment according to Directive 1999/2/EC, 1999/3/EC concerning foods and food ingredients treated with ionizing radiation.

ORGANIC: EU Organic regulations: EC 834/2007 & EC 889/2008

CONTAMINANTS: Residual of contaminants in accordance with Regulation 1881/2006/EC and amendments.

PACKAGING: The packaging materials are in compliance with relevant legislation with particular reference to Regulation 1935/2004/EC for food contact materials.

Specification Issue	Date	Summary of Changes	Authorised by
1	July 2024	New Product New Spec New packaging type	SF