



ORGANIC SUPER MUSHROOM BLEND

Our Super Mushroom Blend has been specially formulated to combine the natural nutrients of some of the most revered mushrooms in Asian culture. They are organically grown and the fruiting bodies are dried to retain their micronutrients. The umami flavour of dried mushroom pairs particularly well with soups and coffee, or simply brew with hot water for a mushroom tea.

Super Made Simple

Superfoods are a natural way to add extra nutrients to your diet. We make them easy to use and understand. Our Superfoods are organically grown, sustainably sourced, and minimally processed, providing the best for you and for the planet.

Why not try Mushroom Tea?

- 1 tsp Super Mushroom Blend
- 1 mug of boiling water
- Optional: maple syrup or honey



Put the mushroom powder in a diffuser. Pour boiling water over the diffuser and leave to steep for 10 minutes.

Remove the diffuser and sweeten to taste with maple syrup or honey. Enjoy!

Best Before End: See below

NUTRITIONAL INFORMATION

TYPICAL VALUES (As Sold)	Per 100g	(%RI*)
Energy	1029kJ 249kcal	
Fat	1.5g	
of which saturates	0g	
Carbohydrate	16g	
of which sugars	0g	
Fibre	55g	
Protein	16g	
Salt	0.04g	
Vitamin D	29µg	576%
Niacin (B3)	15mg	94%
Manganese	4.3mg	216%

*Reference Intake of an average adult (8,400kJ/2,000kcal).

Ingredients: Reishi Powder*, Chaga Powder*, Shiitake Powder*, Maitake Powder*, Lion's Mane Powder*, Cordyceps Powder*, Tremella Powder*. * = Organic.

Mushrooms contain naturally occurring sulphites.

Do not exceed the recommended daily dose. Food Supplements should not be used as a substitute for a varied diet.

Suggested Use: Shake this pouch well before use. Take up to 5g (1 teaspoon) twice a day.



Add to stews & soups



Make a tea



Add to pasta sauce

Storage: Store in a cool, dark and dry place.

This pack contains approximately 20 servings.

Blend of Organic Reishi Powder, Organic Chaga Powder, Organic Shiitake Powder, Organic Maitake Powder, Organic Lion's Mane Powder, Organic Cordyceps Powder and Organic Tremella Powder, packed in the UK for Green Origins.

GB: Unit 1, Campbell Way, Sheffield S25 3SF, UK.

EU: Block B, Crescent Building, Dublin, D09 C6X8, IRL.

High in Vitamin D

†Vitamin D contributes to the normal function of the immune system.

High in Vitamin B3

Niacin (Vitamin B3) contributes to the reduction of tiredness and fatigue.



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