

Medicinal Mushrooms Serving Size = 100g	 Shiitake Mushroom	 Portobello Mushroom	 Oyster Mushroom	 Maitake Mushroom	 Reishi Mushroom	Unit
Vit A	0	0	48	0	-	IU
Vit B1 (Thiamine)	0.3	0.1	0.1	0.1	-	mg
Vit B2 (Riboflavin)	1.3	0.5	0.3	0.2	-	mg
Vit B3 (Niacin)	14.1	4.5	5	6.6	-	mg
Vit B5 (Pantothenic Acid)	21.9	1.5	1.3	0.3	-	mg
Vit B6	1	0.1	0.1	0.1	-	mg
Vit B9 (Folate)	163	22	27	29	-	mcg
Vit C	3.5	0	0	0	-	mg
Vit E	0	0	0	0	-	mg
Vit K	0	0	0	0	-	mcg
Potassium	1534	484	420	204	-	mg
Phosphorus	294	130	120	74	-	mg
Magnesium	132	11	18	10	-	mg
Calcium	11	8	3	1	-	mg
Iron	1.7	0.6	1.3	0.3	-	mg
Selenium	46.1	11	2.6	2.2	-	mcg
Manganese	1.2	0.1	0.1	0.1	-	mg
Copper	5.2	0.4	0.2	0.3	-	mg
Zinc	7.7	0.6	0.8	0.7	-	mg
Fibre	11.5	1.5	2.3	2.7	-	g

** N.B. All values highlighted in **RED** represent a "TMF Super Fruit Rating" ... a high content for a specific nutrient / trace nutrient **

Medicinal Mushrooms Serving Size = 100g	 Lion's Mane Mushroom	 Enoki Mushroom	 Crimini Mushroom	 Cordyceps Mushroom	 Agaricus Blazei Mushroom	Unit
Vit A	-	0	0	-	-	IU
Vit B1 (Thiamine)	5.3	0.2	0.1	-	0.5	mg
Vit B2 (Riboflavin)	-	0.2	0.5	-	2.8	mg
Vit B3 (Niacin)	-	5.9	3.8	-	40.9	mg
Vit B5 (Pantothenic Acid)	3.9	1.5	1.5	-	-	mg
Vit B6	18	0.1	0.1	-	-	mg
Vit B9 (Folate)	-	52	14	-	-	mcg
Vit C	-	0	0	-	-	mg
Vit E	-	0	0	-	-	mg
Vit K	-	0	0	-	-	mcg
Potassium	-	368	448	-	30	mg
Phosphorus	-	109	120	-	-	mg
Magnesium	-	16	9	-	-	mg
Calcium	-	1	18	-	42	mg
Iron	-	1.1	0.4	-	0.4	mg
Selenium	-	2.2	26	-	-	mcg
Manganese	-	0.1	0.1	-	0.2	mg
Copper	-	0.1	0.5	-	0.1	mg
Zinc	-	0.6	1.1	-	-	mg
Fibre	-	2.7	0.6	-	69	g

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		Crimini Mushroom	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Crimini Mushroom	Vit A	0	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0.1	0	0.1	0	0	0.1	mg
	Bit B2 (Riboflavin)	0.5	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	3.8	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	1.5	0.1	0.3	0	0.1	0.1	mg
	Vit B6	0.1	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	14	0	17	7	6	2	mcg
	Vit C	0	4	45	4.2	9.7	10.8	mg
	Vit E	0	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	0	0.6	0	4.5	20.3	14.6	mcg
 Crimini Mushroom	Potassium	448	90	169	119	77	191	mg
	Phosphorus	120	11	12	11	12	20	mg
	Magnesium	9	4	10	7	6	7	mg
	Calcium	18	5	43	9	6	6	mg
	Iron	0.4	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	26	0	0.5	0.1	0.1	0.1	mcg
	Manganese	0.1	0	10	0	0.3	0.1	mg
	Copper	0.5	0	0	0.1	0.1	0.1	mg
	Zinc	1.1	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	0.6	1.3	2.4	3.1	2.2	0.9	g

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Can "an apple a day" really keep the doctor away? what do you think?

		Enoki Mushroom	Apple	Orange	Pear	Blueberry	Grape	
All Serving Sizes: Per 100g								
 Enoki Mushroom	Vit A	0	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0.2	0	0.1	0	0	0.1	mg
	Vit B2 (Riboflavin)	0.2	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	5.9	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	1.5	0.1	0.3	0	0.1	0.1	mg
	Vit B6	0.1	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	52	0	17	7	6	2	mcg
	Vit C	0	4	45	4.2	9.7	10.8	mg
	Vit E	0	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	0	0.6	0	4.5	20.3	14.6	mcg
 Enoki Mushroom	Potassium	368	90	169	119	77	191	mg
	Phosphorus	109	11	12	11	12	20	mg
	Magnesium	16	4	10	7	6	7	mg
	Calcium	1	5	43	9	6	6	mg
	Iron	1.1	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	2.2	0	0.5	0.1	0.1	0.1	mcg
	Manganese	0.1	0	10	0	0.3	0.1	mg
	Copper	0.1	0	0	0.1	0.1	0.1	mg
	Zinc	0.6	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	2.7	1.3	2.4	3.1	2.2	0.9	g

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		Maitake Mushroom	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Maitake Mushroom	Vit A	0	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0.1	0	0.1	0	0	0.1	mg
	Vit B2 (Riboflavin)	0.2	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	6.6	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	1.5	0.1	0.3	0	0.1	0.1	mg
	Vit B6	0.1	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	29	0	17	7	6	2	mcg
	Vit C	0	4	45	4.2	9.7	10.8	mg
	Vit E	0	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	0	0.6	0	4.5	20.3	14.6	mcg
 Maitake Mushroom	Potassium	204	90	169	119	77	191	mg
	Phosphorus	74	11	12	11	12	20	mg
	Magnesium	10	4	10	7	6	7	mg
	Calcium	1	5	43	9	6	6	mg
	Iron	0.3	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	2.2	0	0.5	0.1	0.1	0.1	mcg
	Manganese	0.1	0	10	0	0.3	0.1	mg
	Copper	0.3	0	0	0.1	0.1	0.1	mg
	Zinc	0.7	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	2.7	1.3	2.4	3.1	2.2	0.9	g

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		Oyster Mushroom	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Oyster Mushroom	Vit A Vit B1 (Thiamine) Bit B2 (Riboflavin) Vit B3 (Niacin) Vit B5 (Pantothenic Acid) Vit B6 Vit B9 (Folate) Vit C Vit E Vit K	48 0.1 0.3 5 1.3 0.1 27 0 0 0	38 0 0 0.1 0.1 0 0 4 0.1 0.6	225 0.1 0 0.4 0.3 0.1 17 45 0.2 0	23 0 0 0.2 0 0 7 4.2 0.1 4.5	54 0 0 0.4 0.1 0.1 6 9.7 0.6 20.3	66 0.1 0.1 0.2 0.1 0.1 2 10.8 0.2 14.6	IU mg mg mg mg mg mcg mg mg mcg
 Oyster Mushroom	Potassium Phosphorus Magnesium Calcium Iron Selenium Manganese Copper Zinc Fibre	420 120 18 3 1.3 2.6 0.1 0.2 0.8 2.3	90 11 4 5 0.1 0 0 0 0.1 1.3	169 12 10 43 0.1 0.5 10 0 0.1 0.1 2.4	119 11 7 9 0.2 0.1 0 0.1 0.1 3.1	77 12 6 6 0.3 0.1 0.3 0.1 0.2 2.2	191 20 7 6 0.4 0.1 0.1 0.1 0.1 0.9	mg mg mg mg mg mcg mg mg mg g

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Can "an apple a day" really keep the doctor away? what do you think?

		Portabella Mushroom	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Portobello Mushroom	Vit A	0	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0.1	0	0.1	0	0	0.1	mg
	Bit B2 (Riboflavin)	0.5	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	4.5	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	1.5	0.1	0.3	0	0.1	0.1	mg
	Vit B6	0.1	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	22	0	17	7	6	2	mcg
	Vit C	0	4	45	4.2	9.7	10.8	mg
	Vit E	0	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	0	0.6	0	4.5	20.3	14.6	mcg
 Portobello Mushroom	Potassium	484	90	169	119	77	191	mg
	Phosphorus	130	11	12	11	12	20	mg
	Magnesium	11	4	10	7	6	7	mg
	Calcium	8	5	43	9	6	6	mg
	Iron	0.6	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	11	0	0.5	0.1	0.1	0.1	mcg
	Manganese	0.1	0	10	0	0.3	0.1	mg
	Copper	0.4	0	0	0.1	0.1	0.1	mg
	Zinc	0.6	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	1.5	1.3	2.4	3.1	2.2	0.9	g

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		Shiitake Mushroom	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Shiitake Mushroom	Vit A 0 Vit B1 (Thiamine) 0.1 Vit B2 (Riboflavin) 0.3 Vit B3 (Niacin) 3.9 Vit B5 (Pantothenic Acid) 1.4 Vit B6 0.2 Vit B9 (Folate) 14 Vit C 0 Vit E 0 Vit K 0	0 0.1 0.3 3.9 1.4 0.2 14 0 0 0	38 0 0 0.1 0.1 0 0 4 0.1 0.6	225 0.1 0 0.4 0.3 0.1 17 45 0.2 0	23 0 0 0.2 0 0 7 4.2 0.1 4.5	54 0 0 0.4 0.1 0.1 6 9.7 0.6 20.3	66 0.1 0.1 0.2 0.1 0.1 2 10.8 0.2 14.6	IU mg mg mg mg mg mcg mg mg mcg
 Shiitake Mushroom	Potassium 326 Phosphorus 111 Magnesium 19 Calcium 2 Iron 0.5 Selenium 6.3 Manganese 0.2 Copper 0.2 Zinc 1 Fibre 1.5	326 111 19 2 0.5 6.3 0.2 0.2 1 1.5	90 11 4 5 0.1 0 0 0 0.1 1.3	169 12 10 43 0.1 0.5 10 0 0.1 2.4	119 11 7 9 0.2 0.1 0 0.1 0.1 3.1	77 12 6 6 0.3 0.1 0.3 0.1 0.2 2.2	191 20 7 6 0.4 0.1 0.1 0.1 0.1 0.9	mg mg mg mg mg mcg mg mg mg g

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