

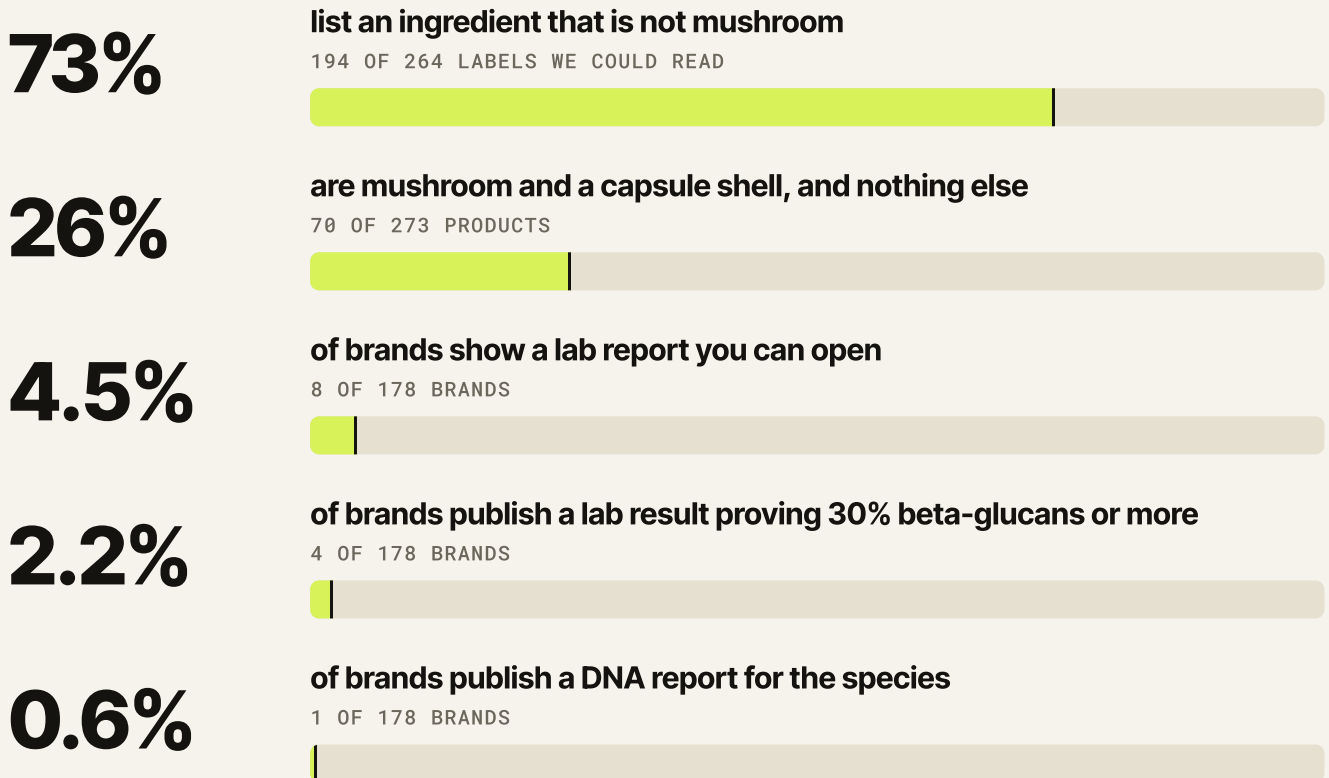
THE LION'S MANE LABEL AUDIT.

We read the labels of 273 Lion's Mane products from 178 brands. This report shows what they print, how we counted, and five things to check on your own jar.



WHAT 273 LABELS TELL YOU.

You cannot judge Lion's Mane on the day you open the jar. For the first weeks, the label is the only evidence you have. So we read every label we could find and counted what was on it.



One product of 273 publishes all three:

a DNA report for the species, a beta-glucan result and a safety certificate. Bars are drawn to scale.

Part 2

How we counted: what we read, what counted as a lab report, and what this audit does not show.

Part 3

Five things to check on your own jar, and a score sheet to fill in.

Part 4

The same five checks on our Lion's Mane, with the lab reports behind each one.

HOW WE COUNTED.

1

What we read

273 public product listings for Lion's Mane, from 178 brands, on marketplaces and on the brands' own websites. We read them on 15 and 16 August 2026 and recorded one row for each product.

2

Finding the ingredient list

Where a marketplace listing did not show the ingredient list, we took it from the brand's own website. That brought 264 of the 273 products to a standard we could read. The other nine are counted in the totals and left out of the ingredient figure.

3

What counted as a lab report

A document you can open and read, with a result in it. We opened every one. Photographs of certificates, badges, "lab tested" icons, spec sheets and marketing graphics did not count. A link that did not open was marked down.

4

What counted as a number

A figure was recorded only where it sat directly next to the term it describes. "Beta-glucans 30%" counts. A percentage elsewhere on the page, or a figure for "polysaccharides", was not recorded as a beta-glucan result.

5

What counted as pure

A product whose ingredient list names the mushroom and a capsule shell, and nothing else.

What this audit is not

- We did not test any product in a laboratory. This is a count of what brands publish.
- An ingredient list is the seller's own statement. We recorded it as published.
- Listings and lab documents change. These findings describe them on 15 and 16 August 2026.
- No brand is named. The comparison is with the category as a whole.

TURN YOUR JAR **AROUND.**



CHECK 1

Is it the mushroom itself?

Look for: the words “fruiting body” on the label.

Why: the fruiting body is the mushroom you would recognise. Some products use mycelium grown on grain instead, and the grain is milled into the powder with it. Those labels say “mycelium”, “myceliated brown rice” or name no part at all.



CHECK 2

What else is in the capsule?

Look for: the ingredient list. Count everything that is not mushroom: rice flour, magnesium stearate, a “proprietary blend”.

Why: every extra ingredient takes the place of mushroom.

73% list an ingredient that is not mushroom



CHECK 3

Can you find the beta-glucan number?

Look for: a percentage of beta-glucans, with the name of the lab that measured it.

Why: beta-glucans are the compound a mushroom extract is judged by. “Polysaccharides” is a wider number that also counts starch.

4 of 178 brands publish a result proving 30% or more



CHECK 4

Is there a lab report you can open?

Look for: a PDF on the product page with the lab's name, a date and a result.

Why: a "lab tested" badge tells you nothing. A report tells you who tested, when and what they found.

8 of 178 brands show a report you can open



CHECK 5

Is the species proven by DNA?

Look for: a DNA report that names the species, *Hericium erinaceus*.

Why: a chemical test tells you how much of a compound is there. Only DNA tells you which mushroom it came from.

1 of 178 brands publishes a DNA report

SCORE YOUR JAR.

CHECK	YES	NO
1 The label says "fruiting body".	☐	☐
2 Mushroom is the only ingredient.	☐	☐
3 I can find a beta-glucan percentage.	☐	☐
4 I can open a lab report.	☐	☐
5 There is a DNA report for the species.	☐	☐

My jar: _____ / 5

DON'T TAKE OUR WORD FOR IT. TAKE THE LAB'S.

- ✓ **100% fruiting body, grown on wood**
STATED ON THE LABEL

- ✓ **One ingredient, in a plant-based capsule shell**
STATED ON THE LABEL

- ✓ **31.8% beta-glucans (33.9% on dry matter)**
ALS FOOD & PHARMACEUTICAL · REPORT 98238/2022
· DECEMBER 2022

- ✓ **Three lab reports you can open**
ALS · INVENTUR · GBA POLSKA

- ✓ **99.2% DNA match to *Hericium erinaceus***
INVENTUR, UNIVERSITY OF RZESZÓW · JULY 2024



Safety panel, GBA Polska, lot GS241117, March 2025: lead 0.014 mg/kg against a limit of 3.0; mercury below 0.001 mg/kg against a limit of 0.1; no Salmonella, E. coli or S. aureus detected. Results relate to the samples tested.

Lion's Mane for focus.

Read all three reports and see the jar at solvelabs.world. Try it for 60 days: full refund on your first order, even opened.

[See Lion's Mane →](#)

Prepared by Solve Labs from a database of 273 product listings, one row per product, read on 15 and 16 August 2026. Solve Labs sells Lion's Mane and is one of the 178 brands counted. Food supplement. Not a substitute for a varied diet and a healthy lifestyle. This report is not medical advice. SOLVE LABS WORLD LTD, registered in England & Wales no. 16238833.