MUSHROOM QUALITY REPORT 2026

We read the labels of 273 Lion's Mane products from 178 brands. This is what they print, and five things to check on yours.

5 CHECKS.
2 MINUTES.



WHAT IS IN THE CAPSULE?

WHO MEASURED IT?

CAN YOU SEE THE REPORT?

THE FINDINGS

WHAT 273 LABELS TELL YOU.

You cannot judge a supplement by looking at it. Before you buy, the label is the only evidence you have. So we read every label we could find and counted what was on it.

BARS ARE DRAWN TO SCALE

73%

list an ingredient that is not mushroom

194 OF 264 LABELS WE COULD READ



26%

are mushroom and a capsule shell, and nothing else

70 OF 273 PRODUCTS



4.5%

of brands show a lab report you can open

8 OF 178 BRANDS



2.2%

of brands publish a lab result showing 30% beta-glucans or more

4 OF 178 BRANDS



0.6%

of brands publish a DNA report for the species

1 OF 178 BRANDS



ONE PRODUCT OF 273 PUBLISHES ALL THREE. IT IS OURS.

A DNA report for the species, a beta-glucan result and a safety test report. We made this audit, and we are one of the 178 brands in it.

DOES IT SAY WHAT IT IS MADE FROM?



TWO POWDERS ON A LAB BENCH

LOOK FOR

“Fruiting body”, or a named cultivation method, on the label or the product page.

WHY IT MATTERS

A product that says only “mushroom” can hide mycelium grown on grain, with the grain still in the powder.

No count.

A label that does not say cannot be counted either way, so this check has no figure.

ON OUR JAR

100% fruiting body, grown on wood.

STATED ON OUR PRODUCT PAGE

WHAT ELSE IS IN THE CAPSULE?



INSIDE A CAPSULE

LOOK FOR

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

WHY IT MATTERS

The ingredient list is the one place a filler has to be named.

73%

of the labels we could read list an ingredient that is not mushroom.

194 OF 264 · A CAPSULE SHELL IS NOT COUNTED

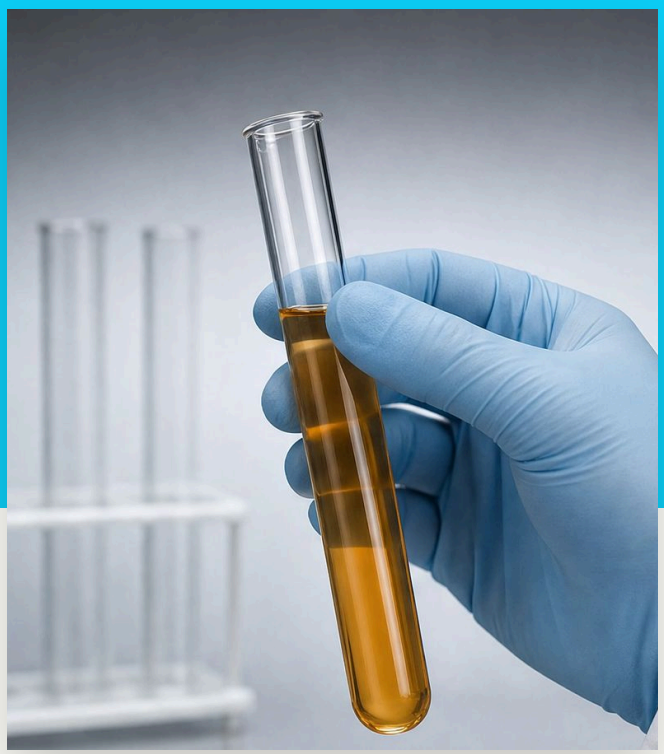
ON OUR JAR

One ingredient, in a plant-based capsule shell.

OUR INGREDIENT LIST

3

CAN YOU FIND THE BETA-GLUCAN NUMBER?



THE MEASUREMENT

LOOK FOR

A percentage of beta-glucans, measured by a named lab.

WHY IT MATTERS

“Polysaccharides” is a wider number that also counts starch.

4 of 178

brands publish a lab result showing 30% beta-glucans or more.

2.2% OF BRANDS · 30% IS THE LINE WE COUNTED AT

ON OUR JAR

31.8% beta-glucans, 33.9% on dry matter.

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IS THERE A LAB REPORT YOU CAN OPEN?

4



THE REPORT

LOOK FOR

A PDF with the lab's name, a date and a result.

WHY IT MATTERS

A "lab tested" badge is not a report. A report tells you who tested, when, and what they found.

8 of 178

brands show a lab report you can open.

4.5% OF BRANDS

ON OUR JAR

Three lab reports you can open.

ALS · INVENTUR · GBA POLSKA

IS THE SPECIES PROVEN BY DNA?



THE DNA TEST

LOOK FOR

A DNA report that names the species: *Hericium erinaceus*.

WHY IT MATTERS

A chemical test tells you how much of a compound is there. A DNA report names the species it came from.

1 of 178

brands publishes a DNA report for the species. That brand is us.

0.6% OF BRANDS

ON OUR JAR

99.2% DNA match to *Hericium erinaceus*.

INVENTUR, UNIVERSITY OF RZESZÓW · JULY 2024

SCORE YOUR JAR.

Take the jar you have now. Read the label and its product page, and tick one box a line.

	CHECK	YES	NO
1	**It says what it is made from.** "Fruiting body", or a named cultivation method.	☐	☐
2	**Mushroom is the only ingredient.** A capsule shell does not count against it.	☐	☐
3	**I can find a beta-glucan percentage.** With the name of the lab that measured it.	☐	☐
4	**I can open a lab report.** A document with a lab, a date and a result.	☐	☐
5	**There is a DNA report for the species.** It names *Hericium erinaceus*.	☐	☐

MY JAR: ____ / 5

5 OF 5
The label says what is in the jar, and there are reports you can read for the rest.

3 OR 4
Ask the brand for what is missing. A brand that has the report can send it.

0 TO 2
Most of the five are unanswered. Ask before you buy it again.

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



- ✓ **100% fruiting body, grown on wood**
  STATED ON OUR PRODUCT PAGE
- ✓ **One ingredient, in a plant-based capsule shell**
  OUR INGREDIENT LIST
- ✓ **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

Open all three reports, with no form: solvelabs.world/pages/lions-mane-check. Every result relates to the sample tested.

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 →

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 73% figure is a share of those 264. Every other figure is a share of all 273 products or all 178 brands.

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 other product in a laboratory. This is a count of what brands publish.
- Listings and lab documents change. These findings describe them on 15 and 16 August 2026.
- An ingredient list is the seller's own statement. We recorded it as published.
- No brand is named. The comparison is with the category as a whole.

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.