



10 Questions Before Trusting a Mushroom Product Page

Consumer checklist from the 2026 Mushroom Wellness Transparency Report

A transparent page should answer these questions without requiring a purchase, private request, or a hunt through multiple pages.

The checklist

- What type of product is this - functional supplement, Amanita/muscimol, nootropic blend, or psilocybin-adjacent?
- What mushroom species is used - named clearly, not hidden inside vague blend language?
- Is the format stated - fruiting body, mycelium, extract, powder, isolate, or another form?
- Is lab testing batch-specific, from a named third-party lab, and available before purchase?
- Can I access the COA without contacting the company or buying first?
- Does the page avoid disease-treatment claims such as cure, treat, or replace medication?
- Are safety cautions visible - age, medication, pregnancy, mental-health, and impairment context?
- Is legal language careful - no blanket "100% legal everywhere" claims?
- Is the company identifiable and reachable with a real support path?
- Can a normal consumer understand the page in under 90 seconds without searching elsewhere?

Use note

This checklist does not make any product safe, legal, effective, or appropriate. It helps consumers identify what information is present, missing, unclear, or overstated.