



# High Vitamin D MUSHROOM POWDER

**“Vitamin D deficiency is a world-wide epidemic, with over one billion people at risk for its associated diseases.”**

**D**erived from certified-organic *Agaricus bisporus* mushroom, widely known and consumed in meals, this dried flour provides superior levels of Vitamin D2. It has been known for a long time that mushrooms and other fungi can produce significant amounts of vitamin D. Now vitamin D is available in a completely natural form using commercially produced button mushrooms, grown and processed in the U.S.

- Offers exceptional levels of Vitamin D2 – 500,000 iu/100 gram
- Organic certified by CCOF (California Certified Organic Farmers)
- Non-GMO certified by Amycel
- Cultivated and processed in the U.S.
- Contains no carriers; 100% mushroom powder retains all original nutrient content
- Passes California Prop 65 as certified by Amycel to be free of lead, arsenic, mercury and cadmium

Most commercially produced mushrooms have very small amounts of vitamin D present due to being grown indoors and without the benefit of natural sunlight. Monterey's mushrooms are exposed to UV-B light simulating natural sunlight which increases the levels of vitamin D. This is the same process that Monterey has been utilizing for over two years to treat mushrooms for the fresh market. The dried powder is made from the same mushrooms sold to the fresh market but with significantly higher levels of Vitamin D.

More consumer stories are appearing in news media about the importance of Vitamin D and that the use of SPF effectively blocks the body from absorbing UVB rays, preventing the body from making its own Vitamin D. Many Americans have inadequate stores of Vitamin D, a condition that can cause fatigue, depression and can, in the long-term, exacerbate development of heart disease, diabetes and osteoporosis.

When seeking an effective, clean, and certified vegan-friendly Vitamin D ingredient, our Vitamin D2 fits. Further, according to at least one study, Vitamin D2 has been shown to be as effective as Vitamin D3 in maintaining circulating concentrations of 25-hydroxyvitamin D.

While an excellent source of D, Monterey High D mushroom powder also retains all of the other healthy characteristics associated with mushrooms.

