



CERTIFIED ORGANIC WHOLE FOOD MUSHROOM POWDERS



OUR COMPANY

CALIFORNIA BASED | AWARD WINNING PRODUCTS

Founded in 2010, M2 Ingredients is a leading producer of certified organic, whole food mushroom powders with the full spectrum of bioactive compounds to support daily health, sports performance, recovery, and cognition.

Our cutting-edge innovation in product development is made possible by our team's extensive technical expertise and our proprietary growing methodology. The certified organic mushrooms are grown, dried, milled and packaged in our cGMP certified state-of-the-art in-door farm in Carlsbad, California.

Available in single species and custom blends, our products represent our commitment to offer the world's highest quality mushroom powders with proven health benefits to people and their pets. Our award-winning and scientifically-studied mushroom powders have been used in supplements and food products for people and animals throughout the world.



FROM CUSTOM BLENDS TO FINAL DELIVERY

OUR TEAM IS READY TO PROVIDE YOUR COMPANY WITH THE SUPPORT, EXPERTISE AND HIGH QUALITY MUSHROOM POWDERS TO ENSURE A SUCCESSFUL PRODUCT LAUNCH.

MEET OUR TEAM

With more than 60 years of experience growing functional mushrooms, the M2 Ingredients team has an enormous depth of knowledge and expertise.

SANDRA CARTER, M.A., MPH, PH.D. | FOUNDER

Extensive background in the areas of sports performance, disease prevention and health promotion through diet, exercise and integrative medicine. Dr. Carter has applied her medical background to product development and whole food mushroom formulations to create efficacious finished products.

STEVE FARRAR | CHIEF TECHNICAL OFFICER AND RENOWNED MYCOLOGIST

Recognized as a U.S. pioneering mycologist in identifying mushroom species appropriate for cultivation in the supplement industry. Mr. Farrar has over 30 years of experience growing culinary and medicinal mushrooms. He is a consistently sought after speaker on the topic of mushrooms and health.



ORGANIC MUSHROOM SPECIES WE GROW

mycelium and fruit body

Antrodia

King Trumpet

Shiitake

Chaga

Lion's Mane

Turkey Tail

Cordyceps

Maitake

Agaricus blazei

Reishi



STATE-OF-THE-ART CONTROLLED GROWING ENVIRONMENT

highest quality standards in the mushroom industry

- Optimizing the growing conditions for individual mushroom species
- Protection from toxins, radiation or heavy metals
- No fungicides or pesticides



KOSHER



GLUTEN FREE



VEGAN



TESTED FOR HEAVY METALS

OUR UNIQUE GROWING PROCESS



DNA TESTING

identity integrity guaranteed

- Master Cultures are stored in cryogenic storage to maintain their strength and composition. Our mycologist perform in-house tissue expansion for both liquid and solid inoculation



**IDENTITY INTEGRITY
100% GUARANTEED**



OPTIMAL GROWING CONDITIONS

- Our highly experienced team of mycologists and growers have developed growing technology to optimize the conditions – lighting, temperature, airflow, humidity levels – for each of the species we grow to produce consistent material from Lot to Lot – with the highest level of bioactivity



SUSTAINABLY CULTIVATED

- Our controlled growing conditions produce very low organic waste, low levels of CO₂ and involve no pesticides or chemicals. M2 Ingredients has both low water and low energy usage and utilizes steam for the majority of their energy needs. Our team is committed to organic agricultural practices and being environmentally conscious throughout our workplace.



KOSHER

VEGAN

GLUTEN FREE

GROWN IN USA



BIOACTIVE COMPOUNDS AND NUTRIENTS

- Heteropolysaccharides 1,3-D and 1,6-D Beta Glucans, Alpha Glucans, Polysaccharides
- Prebiotic Fiber
- Antioxidants
- Amino Acids
- B Vitamins
- Digestive Enzymes
- Vitamin D2 (ergocalciferol)
- Lectins
- Selenium compounds
- Peptides
- Proteins

PRODUCT APPLICATIONS

- Immune Support
- Digestive Health
- Sports Performance
- Stress Management
- Cognitive Health
- Healthy Aging
- Beauty From Within
- Energy And Vitality
- Mood
- Recovery

PRODUCT FORMATS



OUR BROAD RANGE OF MUSHROOM POWDERS

SCIENTIFICALLY-STUDIED | EXPERT RECOMMENDED

M2 INGREDIENTS GROWS THE MOST SCIENTIFICALLY-STUDIED MUSHROOM SPECIES

- The unique, powerful strains of the mushrooms we grow were selected based on the research substantiating their robust nutrition benefits.
- Each species of mushrooms has its own qualities with applications for daily health, sports performance, recovery, and overall wellness.

M2 INGREDIENTS PRODUCTS ARE RECOMMENDED BY EXPERTS

- Physicians, naturopaths and other practitioners such as acupuncturists, sports nutritionists, dietitians and veterinarians frequently recommend M2 Ingredients mushroom powders as integrative health solutions.



ANTRODIA *ANTRODIA CAMPHORATA*

IMMUNE SUPPORT

Native to Taiwan, Antrodia has an abundance of research related to its liver protective and immunity-enhancing qualities.



CHAGA *INONOTUS OBLIQUUS*

SUPER ANTIOXIDANT

Often referred to as the “king of medicinal mushrooms”, Chaga has been used extensively by Traditional Healers in North America, Europe and Asia for centuries. Chaga contains a complex array of bioactive compounds with significant antioxidant and immunity-supporting activities.



CORDYCEPS *CORDYCEPS MILITARIS + CORDYCEPS SINENSIS*

ENERGY & STAMINA

Improves vitality and endurance naturally by supporting respiration, oxygen delivery and ATP synthesis. Cordyceps supports aerobic endurance in athletes and research related to general vitality in senior populations gives this mushroom species broad appeal. Cordyceps is also known for its ability to increase circulation and enhance male sexual performance.



HIMEMATSUTAKE *AGARICUS BLAZEI*

HORMONAL BALANCING

This tropical species is native to Brazil and is known for its high content of polysaccharide compounds. Agaricus blazei is also known for its effects on triglycerides and cholesterol management.

KING TRUMPET *PLEUROTUS ERYNGII*

SUPER ANTIOXIDANT

High levels of the antioxidant L-Ergothioneine, a naturally occurring antioxidant amino acid is found in both the mycelium and fruit bodies of King Trumpet. L-Ergothioneine is the only antioxidant that has been found to have its own cellular transport mechanism. King Trumpet also has been researched for its positive effects on cholesterol management and bone health.



LION'S MANE *HERICIUM ERINACEUS*

MEMORY & COGNITION

Reported in many studies to stimulate the synthesis of Nerve Growth Factor (NGF), a protein that promotes the growth and normal function of nerve cells. NGF is important for cognitive and neurological health.



MAITAKE *GRIFOLA FRONDOSA*

BALANCES BLOOD SUGAR

Maitake contains an array of 1,3/1,6 beta-D glucan compounds that have a positive impact on immune function. Maitake has also been shown to help support healthy blood-sugar levels and reduce insulin resistance.



REISHI *GANODERMA LUCIDUM*

ADAPTOGEN & IMMUNE SUPPORT

Revered in Traditional Medicine as the “Mushroom of Immortality”, Reishi has a variety of attributes. Reishi acts as an immune potentiator and immune modulator - helping to balance and down regulate an overactive immune system. Reishi has also been studied for its cardiovascular health benefits. Considered a “superior adaptogen”, Reishi assists in adapting to mental and physical stressors.



SHIITAKE *LENTINULA EDODES*

IMMUNE SUPPORT & HEART HEALTH

Shiitake is an excellent culinary mushroom species with significant therapeutic properties that include liver, cardiovascular and immune support. New research on the properties of active ingredients in Shiitake has expanded the use of this mushroom to include applications ranging from oral health products to detoxification support. The National Institute of Health has recently supported a grant to the City of Hope for an epidemiological study on the health effects of Shiitake.



TURKEY TAIL *TRAMETES VERSICOLOR*

IMMUNE SUPPORT

One of the most researched of all medicinal mushrooms for its powerful polysaccharides. The beta glucans and other nutrients found in Turkey Tail support immune health.



STANDARD PACK SIZES FOR BULK SHIPPING OF CERTIFIED ORGANIC MUSHROOM POWDERS

PACK OPTION 1

Box with food-grade plastic liner: best option for palletized shipments

- Net Wt: 20 kg
- Box size 16" x 16" x 10"
- Piece Count/box: 2 x 10 kg bags

PACK OPTION 2

5-gallon pail with handle and tamper-evident lid: best option for smaller orders shipped as individual units

- Net Wt: 10 kg
- Pail size 15" tall x 12" diameters
- Piece Count/box: 1 x 10 kg bag

Minimum order quantity is 10 kg per mushroom species and 50 kg for custom blends. Shipping terms are FOB origin.

CONTACT US TODAY

and learn more about the powerful health benefits of M2 Ingredients' extraordinary Organic Whole Food Mushrooms.

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