

TEST REPORT

Issued to: Vaishnavi Wellness

Bliss Blossom, Jogupalya Road,
Dasanapura Road, Bengaluru,
Karnataka, India-560078

J.O. No.: FL/FA/11062026-295
 ULR Code: TC5503 26 0 00056017 F
 Issue Date: 16/06/2026
 Sample Receipt Date: 11/06/2026
 Account Manager: BD Team 3
 Credit Manager: Septesh Kumar

Customer Provided Information:

Nature/Name of the Sample

: Mushroom

Laboratory Provided Information:

Sample Receiving Condition

: Fit for Analysis

Sample Quantity & Packaging

: 1x209g, Sealed Polypack

Date of Performance of Test

: 11th – 16th June, 2026

Method of Sampling

: The Sample is provided by Vaishnavi Wellness
, through Courier.



Analysis Report

Physical Description: Mushroom, free from foreign matter.

S. No.	Parameter	Test Result	FSSR, 2011	Protocol
Chemical Analysis:				
1.	Cordycepin, mg/g	7.24	Not Specified	FL/SOP/01-32
2.	Adenosine, mg/g	3.16	Not Specified	FL/SOP/01-32
Nutritional Analysis:				
1.	Energy Value, kcal/100g	386.21	Not Specified	FL/SOP/FC-06
2.	Protein, g/100g	25.88	Not Specified	IS 7219
3.	Fat, g/100g`	3.69	Not Specified	FSSAI Manual 4,2015
4.	Carbohydrates, g/100g	62.37	Not Specified	IS 1656
5.	Sugar, g/100g	ND, [DL-0.5]	Not Specified	FSSAI Manual 4,2015
Minerals:				
1.	Magnesium, mg/100g	74.25	Not Specified	FL/SOP/11-02
2.	Potassium, mg/100g	1864.89	Not Specified	FL/SOP/11-02
3.	Sulfur as (Sulphur Dioxide), mg/kg	0.102	Not Specified	FL/SOP/12-02
4.	Calcium, mg/100g	40.41	Not Specified	FL/SOP/11-02
5.	Iron, mg/100g	1.07	Not Specified	FL/SOP/11-02
6.	Zinc, mg/100g	4.04	Not Specified	FL/SOP/11-02
7.	Manganese, mg/100g	0.68	Not Specified	FL/SOP/11-02

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Authorised Signatory
 Ms. Chhaya Chakya, Scientist B

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Vitamin Profile:				
1.	Vitamin A, mcg/100g	ND, [DL-10]	Not Specified	FL/SOP/01-02
2.	Vitamin E, mg/100g	1.14	Not Specified	FL/SOP/01-03
3.	Vitamin B2, mg/100g	0.58	Not Specified	FL/SOP/01-05
4.	Vitamin B1, mg/100g	0.38	Not Specified	FL/SOP/01-05
5.	Vitamin B3, mg/100g	4.47	Not Specified	FL/SOP/01-05
6.	Vitamin B6, mg/100g	0.42	Not Specified	FL/SOP/01-05
7.	Vitamin B5, mg/100g	2.54	Not Specified	FL/SOP/01-204
8.	Vitamin B9, mcg/100g	7.34	Not Specified	FL/SOP/01-204
9.	Vitamin B12, mcg/100g	ND, [DL-0.05]	Not Specified	FL/SOP/01-205
Functional Compounds:				
1.	Beta Glucan, % by wt.	38.35	Not Specified	FL/SOP/FC-16
2.	D-Mannitol, g/100g	2.38	Not Specified	FL/SOP/01-22
Steroids:				
1.	Beta-sitosterol, mg/kg	643.82	Not Specified	FL/SOP/02-14
2.	Campesterol, mg/kg	77.41	Not Specified	FL/SOP/02-14
Carotenoids				
3.	Lutein, mg/kg	ND, [DL-1]	Not Specified	FL/SOP/01-49
4.	Beta-carotene, mg/kg	ND, [DL-1]	Not Specified	FL/SOP/01-113
Amino Acids: g/100g				
1.	Alanine	1.52	Not Specified	FL/SOP/01-33
2.	Aspartic acid	2.37	Not Specified	FL/SOP/01-33
3.	Cysteine	0.32	Not Specified	FL/SOP/01-33
4.	Glutamic acid & Glutamine	3.83	Not Specified	FL/SOP/01-33
5.	Glycine	1.32	Not Specified	FL/SOP/01-33
6.	Histidine	0.73	Not Specified	FL/SOP/01-33
7.	Isoleucine	1.32	Not Specified	FL/SOP/01-33
8.	Leucine	1.67	Not Specified	FL/SOP/01-33
9.	Lysine	1.85	Not Specified	FL/SOP/01-33
10.	Methionine	0.46	Not Specified	FL/SOP/01-33
11.	Phenylalanine	1.18	Not Specified	FL/SOP/01-33
12.	Proline	1.17	Not Specified	FL/SOP/01-33
13.	Arginine	1.82	Not Specified	FL/SOP/01-33
14.	Serine	1.25	Not Specified	FL/SOP/01-33
15.	Threonine	1.23	Not Specified	FL/SOP/01-33
16.	Tryptophan	0.28	Not Specified	FL/SOP/01-33
17.	Tyrosine	0.97	Not Specified	FL/SOP/01-33
18.	Valine	1.51	Not Specified	FL/SOP/01-33

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Authorized Signatory
Ms. Chhaya Shrivastava, Scientist B

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TC-5503

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1.	Linoleic Acid, mg/100g	2463.47	Not Specified	FL/SOP/02-45
2.	Palmitic Acid, mg/100g	521.65	Not Specified	FL/SOP/02-45
3.	Oleic Acid, mg/100g	361.39	Not Specified	FL/SOP/02-45
4.	Stearic Acid, mg/100g	141.43	Not Specified	FL/SOP/02-45
5.	Organic Acids			
6.	Oxalic Acid ,mg/g	1.25	Not Specified	FSSAI Manual of Methods of Analysis of Foods – Cereal and Cereal Products -2nd edition, 23rd June, 2023 (FSSAI 03.034:2023
7.	Citric Acid, mg/kg	112.34	Not Specified	FL/SOP/01-28
8.	Fumaric Acid, mg/kg	17.43	Not Specified	FL/SOP/01-28
	Phenolic Compounds			
1	p-hydroxybenzoic acid, mg/kg	124.74	Not Specified	FL/SOP/01-12
2	Cinnamic acid, mg/kg	13.53	Not Specified	FL/SOP/01-16

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Ms. Chhaya Shukla, Scientist B

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Heavy Metals: mg/kg				
1	Nickel	BLQ, [LOQ-0.02]	NMT 1.0	FL/SOP/12-02
2	Chromium	BLQ, [LOQ-0.02]	NMT 1.0	FL/SOP/12-02
3	Antimony	BLQ, [LOQ-0.02]	NMT 1.0	FL/SOP/12-02
4	Lead	BLQ, [LOQ-0.02]	NMT 2.5	FL/SOP/12-02
5	Cadmium	BLQ, [LOQ-0.02]	NMT 1.5	FL/SOP/12-02
6	Arsenic	BLQ, [LOQ-0.02]	NMT 1.1	FL/SOP/12-02
7	Mercury	BLQ, [LOQ-0.02]	NMT 1.0	FL/SOP/12-02
8	Copper	6.31	NMT 30	FL/SOP/12-02
9	Tin	BLQ, [LOQ-0.05]	NMT 250	FL/SOP/12-02
10	Methyl Mercury Calculated as element	BLQ, [LOQ-0.02]	NMT 0.25	FL/SOP/12-02
Aflatoxin:				
1	Tota Aflatoxins(B1,B2,G1,G2)	BLQ, [LOQ-1]	Not specified	FL/SOP/04-01

ND=Not Detected; DL=Detection Limit; NMT=Not More Than;
LOQ=Limit of Quantification; BLQ=Below Limit of Quantification
Inference: The tested sample conforms to FSSR, 2011 w.r.t. above test only.
Note: This report is issued exclusively for domestic use and is not intended for export purposes.

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Authorised Signatory
Mr. Mithilesh Kumar, Scientist-B

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Functional Compounds:				
1	GABA (Gamma Aminobutyric Acid), mg/100g	174.35	Not Specified	FL/SOP/01-127

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 Dr. Sammaiah, Scientist C

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Minerals:				
1	Selenium, mg/100g	0.102	Not Specified	FL/SOP/12-02

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