


SHREDDED WOOD EAR MUSHROOMS

<p>SHREDDED WOOD EAR (a.k.a. Black Fungus) <i>Auricularia Auricula</i></p>																							
<p>Item Code: inv-AAAR Ingredients: dried shredded wood ear mushroom</p>																							
<p>Origin: China Pack/ Size: packed in 1-lb re-sealable poly bags or to customer specification.</p>																							
<p>Other Characteristics: Color: black cap with white/beige gills Consistency: inflexible, brittle, stringy Consistency after cooking: "meaty" Aroma: light Flavor: mild</p>																							
<p>Representative Laboratory Certificate for Pathogens</p> <table border="1"> <thead> <tr> <th>Test</th> <th>Method</th> <th>Result</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>E. Coli (Petrifilm)</td> <td>AOAC 991.14</td> <td>< 10</td> <td>/gm</td> </tr> <tr> <td>Staphylococcus Aureus (Coagulase)</td> <td>AOAC 975.55</td> <td>< 10</td> <td>/gm</td> </tr> <tr> <td>Salmonella (Vidas/25g)</td> <td>AOAC 2004.03</td> <td>Negative</td> <td></td> </tr> <tr> <td>Listeria SPP (VIDAS/25g)</td> <td>AOAC 2004.06/999.06</td> <td>Negative</td> <td></td> </tr> </tbody> </table>				Test	Method	Result	Units	E. Coli (Petrifilm)	AOAC 991.14	< 10	/gm	Staphylococcus Aureus (Coagulase)	AOAC 975.55	< 10	/gm	Salmonella (Vidas/25g)	AOAC 2004.03	Negative		Listeria SPP (VIDAS/25g)	AOAC 2004.06/999.06	Negative	
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<p>Storage/ Shelf Life: Store dried mushrooms in a freezer at 0°F for a minimum shelf life of 3 years. Outside of a freezer, store in a cool, dry area of no more than 60°F for a minimum shelf life of 12 months.</p> <p>Do not store dried mushrooms in humid conditions. THIS IS NOT A READY-TO-EAT PRODUCT. IT MUST BE COOKED PRIOR TO CONSUMPTION.</p>	<p>Directions: It must be washed and cleaned prior to cooking. To prevent breakage, thaw for at least two hours if taken directly from the freezer. Re-hydrate mushrooms in warm to hot (but not boiling) water for approximately 20 to 30 minutes. Once rehydrated, remove any remaining soil, sand and other foreign material that is stubbornly clinging unto the mushrooms. Discard the wash water. Repeat as necessary. Once the mushrooms are clean, the water may be used to add aroma to your dish as desired.</p>																						

Declarations: This product contains no GMO. This product is naturally gluten-free. No allergens detected in this product. (Kosher-certified).

This product is packed in a facility that packs tree nuts and products with sulfite.

REPORT #	PRODUCT / TEST	METHOD	RESULT	UNITS
C192560-01	SHREDDED WOOD EAR 16BBME037 SULFITES – MOD. MONIER WILLIAMS	AOAC 990.28 (MODIFIED) OPTIMIZED MONIER-WILLIAMS METHOD	NDLT 10.0	ppm

SHREDDED WOOD EAR MUSHROOMS

Dried Wood Ear Mushrooms		
Nutrition Facts		
Servings per container		
Serving Size		(100g)
Amount per serving		
Calories		343
% Daily Value*		
Total Fat	0.38 g	0.5%
Saturated Fat	0.1 g	0.5%
<i>Trans</i> Fat	0 g	
Cholesterol	0 mg	0.0%
Sodium	110 mg	4.8%
Total Carbohydrate	78.22 g	28.4%
Dietary Fiber	76.1 g	271.8%
Total sugars	0.4 g	
Added sugars	0 g	0.0%
Protein	6.67 g	13.3%
Vitamin D	69.67 mcg	348.4%
Calcium	88 mg	6.8%
Iron	4.96 mg	27.6%
Potassium	539 mg	11.5%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		