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# **Texas Response to Outbreak of Illness Associated With Psychedelic Mushroom Chocolates and Candy**

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Haylea Stuteville, MPH

# America's Poison Centers



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# America's Poison Centers (APC)

55

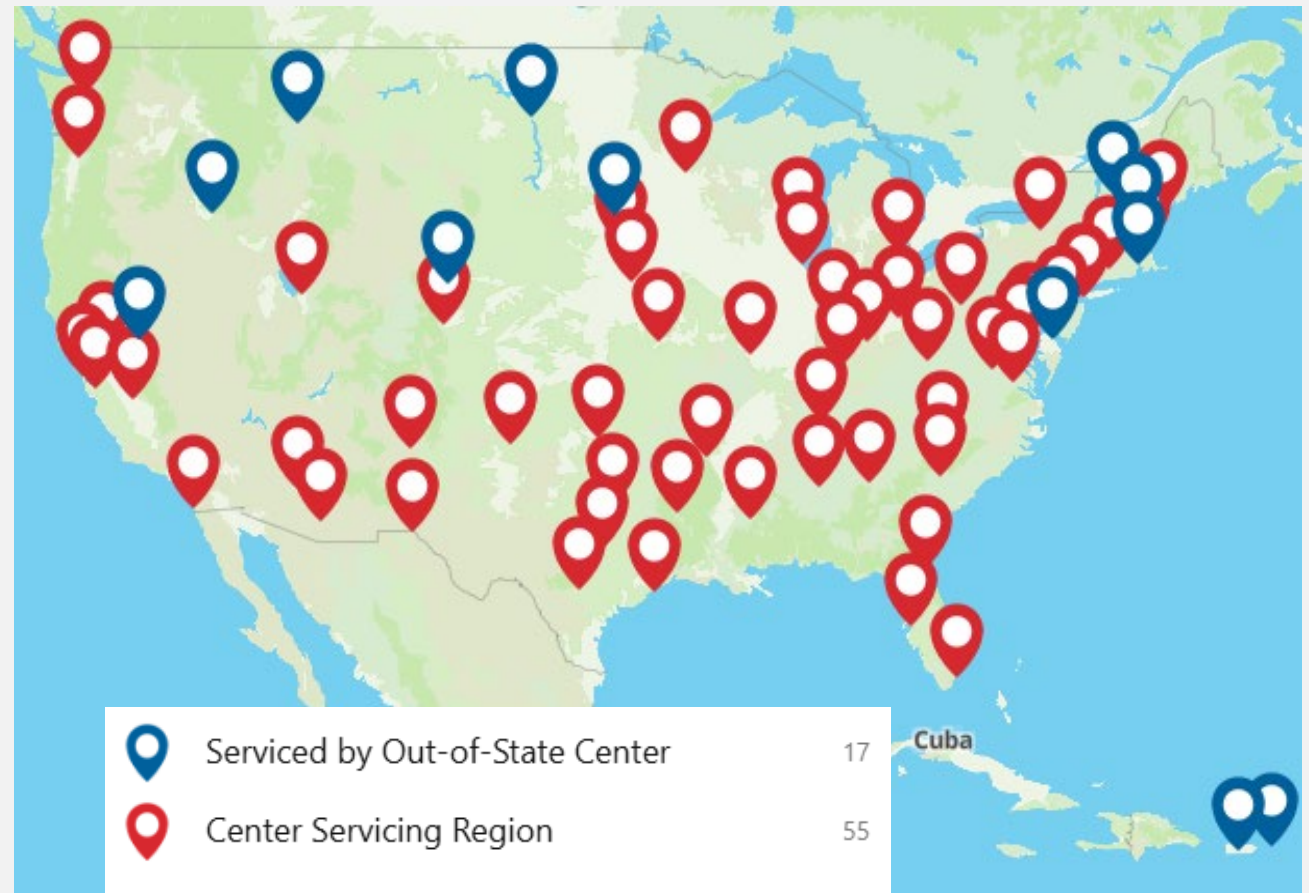
APC supports the United States' 55 poison centers

24/7/365

Specialized Poison Investigators (SPI) provide free expert medical advice

Poison  
Help Line

Toll-Free 1-800-222-1222  
Universal phone number for ALL



<https://poisoncenters.org>

# Sophisticated Telecommunications Network



# National Chemical & Radiological Surveillance Program

## AMERICA'S POISON CENTERS (APC)



Individual poison centers  
upload de-identified data into  
NPDS



## CENTER FOR DISEASE CONTROL AND PREVENTION (CDC)



CDC monitors calls in NPDS &  
reports any events of public health  
significance to state jurisdiction.

# Texas Poison Center Network (TPCN)

1993

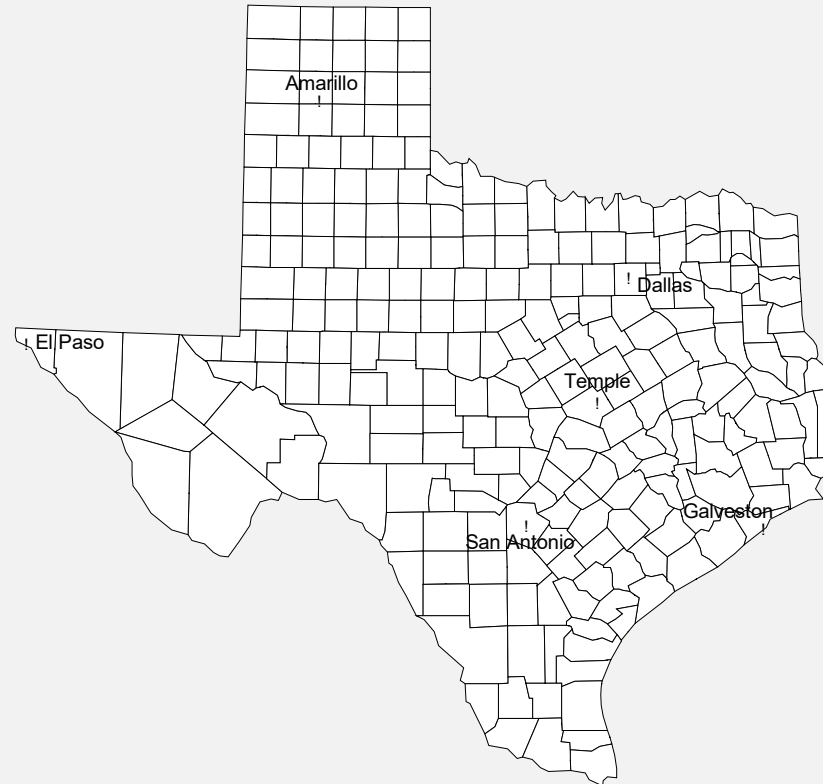
Created by Texas Legislature







6 RPCs

Regional Poison Centers reside in host hospitals

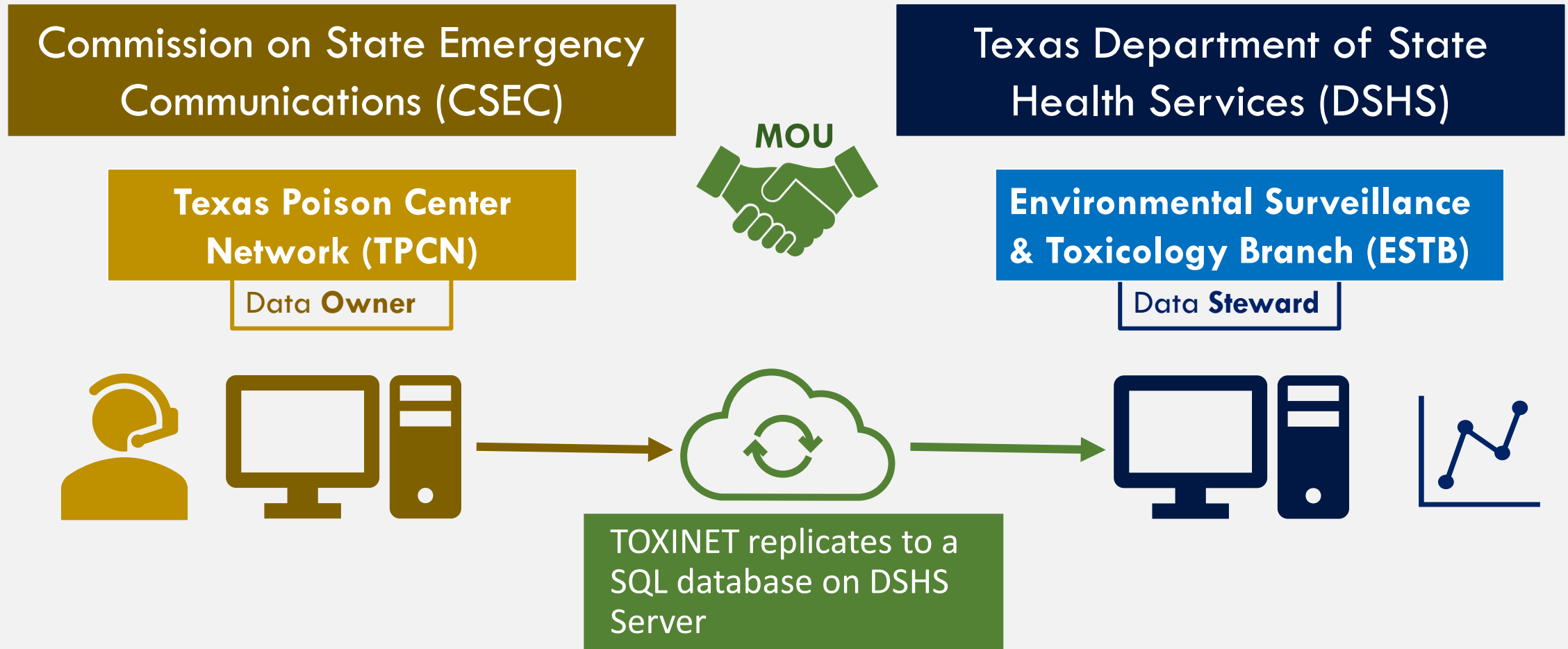
TOXINET

Centralized database for Texas RPCs



-  Texas Panhandle
-  North Texas
-  Southeast Texas
-  Central Texas
-  South Texas
-  West Texas

# Texas Poison Center Network (TPCN) Partnership with Environmental Surveillance and Toxicology Branch (ESTB)





# Mushroom Edibles



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# Types of Mushrooms

## Culinary

- Versatile & large variety
- Nutritional benefits
  - Protein & fiber dense
- Health & therapeutic benefits
- Contain vitamins & minerals:
  - Selenium, Vitamin D, Vitamin B6, Potassium, Zinc



Shiitake<sup>1</sup>



Lion's Mane<sup>2</sup>



Oyster<sup>3</sup>



Reishi<sup>4</sup>

## Psychoactive

- Psychedelic
  - Hallucinogenic & affects all senses
- “Magic Mushrooms” or “Shrooms”
- Psychoactive substance
  - **Psilocybin / psilocin**
- Schedule 1 Drug in United States



Blue Meanies<sup>5</sup>



Golden Teacher<sup>6</sup>



Wavy Cap<sup>7</sup>

## Poisonous

- Can look very similar to culinary or psychedelic mushrooms
- Toxins of the *Amanita* genus
  - Amatoxin
    - Liver, kidney, and GI tract toxicity
  - Muscimol
    - CNS depressant
  - Muscarine
    - Autonomic nervous system



*Amanita Muscaria*<sup>8</sup>



*Amanita pantherina*<sup>9</sup>

# Magic Mushroom Ingestion

- Magic Mushroom effects dependent on:
  - Size, weight, health, and mushroom use history.
  - Amount taken and strength of mushroom.
  - If other substances are also taken around same time.
- Effects typically begin in 30 minutes when ingested and include:
  - Euphoria and wellbeing.
  - Change in consciousness, mood, thought, and perceptual changes such as visual or auditory hallucinations (commonly referred to as a “trip”).
  - Pupil dilation.
  - Headaches.
  - Fast or irregular heartbeat.
  - Stomach discomfort, nausea, and vomiting.
- Bad “trips”
  - Unpleasant or intense hallucinations.
  - Anxiety, paranoia, panic, or fear.

# Clinical Effects of Mushroom Overdose

## Psychoactive

- Agitation
- Vomiting
- Diarrhea
- Muscle weakness
- Panic or paranoia
- Psychosis
- Seizures
- Coma

## Poisonous

- Gastrointestinal illness
  - Nausea & vomiting
  - Stomach Cramps
  - Diarrhea
- Headache
- Fast heartbeat (tachycardia)
- Liver toxicity
  - Amatoxin
- Nephrotoxicity – kidney symptoms & damage
- Seizures
- Death
  - 90% of fungi-related deaths are caused by the death cap mushroom (*Amanita phalloides*)

# What Are Mushroom Edibles?

- Sold as supplements in the form of gummy candies, chocolates, or other snack foods and advertised as containing mushroom extracts for a “legal” psychedelic high.
  - Nootropic edibles – ingredients list claims to include non-psychoactive mushrooms like lion’s mane, reishi, or chaga.
  - Amanita Muscaria – because muscimol can also be psychoactive.
  - “Proprietary blend” keeps ingredients non-disclosed.
- Legally sold online, in smoke shops, and convenience stores, often as “edibles”, “magic shrooms” or “shrooms.”
- The legal age for buying products marketed as psychedelic is 21 years and above.

# Diamond Shruumz™ Products

- Proprietor: Prophet Premium Blends, LLC of Santa Ana, CA.
- Mushroom infused chocolate bars, cones, and gummies.
- Primary brand implicated in the 2024 investigation.



[Investigation of Illnesses: Diamond Shruumz-Brand Chocolate Bars, Cones, & Gummies \(June 2024\) | FDA](#)

# Chocolate Mushroom Investigation



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# Centers for Disease Control and Prevention (CDC) Case Definition\*

Illness with **moderate or major clinical effects, or death**, occurring in a person who ate **any Diamond Shroomz product** (chocolate bars, cones, gummies or other) **or another chocolate product** marketed as containing **mushrooms**, during **January 1, 2024, through October 11, 2024**.

**Criteria is based on America's Poison Centers data system.**



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\*Source: <https://www.cdc.gov/environmental-health-studies/outbreak-investigation-diamond-shroomz-products/index.html>



# Health Effects Among Sick People After Exposure

Signs and symptoms reported by ill patients who consumed Diamond Shroomz™ brand or other chocolate mushroom products:

- Nausea, vomiting
- Abdominal pain
- Hallucinations
- Uncontrolled movements
- Abnormal heart rate
- High or low blood pressure
- Excessive sweating or secretions
- Flushed skin



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Source: <https://www.cdc.gov/environmental-health-studies/outbreak-investigation-diamond-shroomz-products/index.html>

# Investigation Timeline – United States

**May 31, 2024**

CDC alerted to outbreak involving Diamond Shroomz™ products via APC

**June 12, 2024**

CDC releases a health advisory on severe illness associated with Diamond Shroomz™ products

**June 27, 2024**

The manufacturer Prophet Premium Blends, LLC initiated recall of all Diamond Shroomz™ products

**July 30, 2024**

FDA published a list of store names and location known to sell the recalled products. FDA continues testing of products samples.

**October 11, 2024**

End of CDC's data collection for investigation. TX DSHS ended epidemiologic investigation.

**June 7, 2024**

US FDA, CDC, APC and state / local partners **begin investigation** into a series of illness associated with eating Diamond Shroomz™ chocolate bars.

**June 25, 2024**

FDA released preliminary information from select flavors of Diamond Shroomz™ chocolate bars test results.

**July 19, 2024**

TX DSHS issues news release about Diamond Shroomz™ recall. TX DSHS began epidemiologic investigation on July 10, 2024.

**September 5, 2024**

Manufacturer releases statement that products contain musimol. FDA testing revealed this is **not** present in **all** products nor accounts for all symptoms reported from consumption.

**November 4, 2024**

FDA reports they identified the presence of multiple substances in the tested samples

# Case Information-United States

- Total Illnesses: **180 people** who reportedly ate a Diamond Shroomz™ product or other mushroom chocolate bar.
  - 65.5% (118) ate a **Diamond Shroomz™ product**
  - 20.0% (36) ate a mushroom chocolate bar of an **unspecified brand**
  - 14.5% (26) ate a **non-Diamond Shroomz™ brand** mushroom chocolate bar
- 73 Hospitalizations
- 3 Potentially Associated Deaths
- 34 states reported cases
  - Georgia (21) and Texas (19) had the most cases

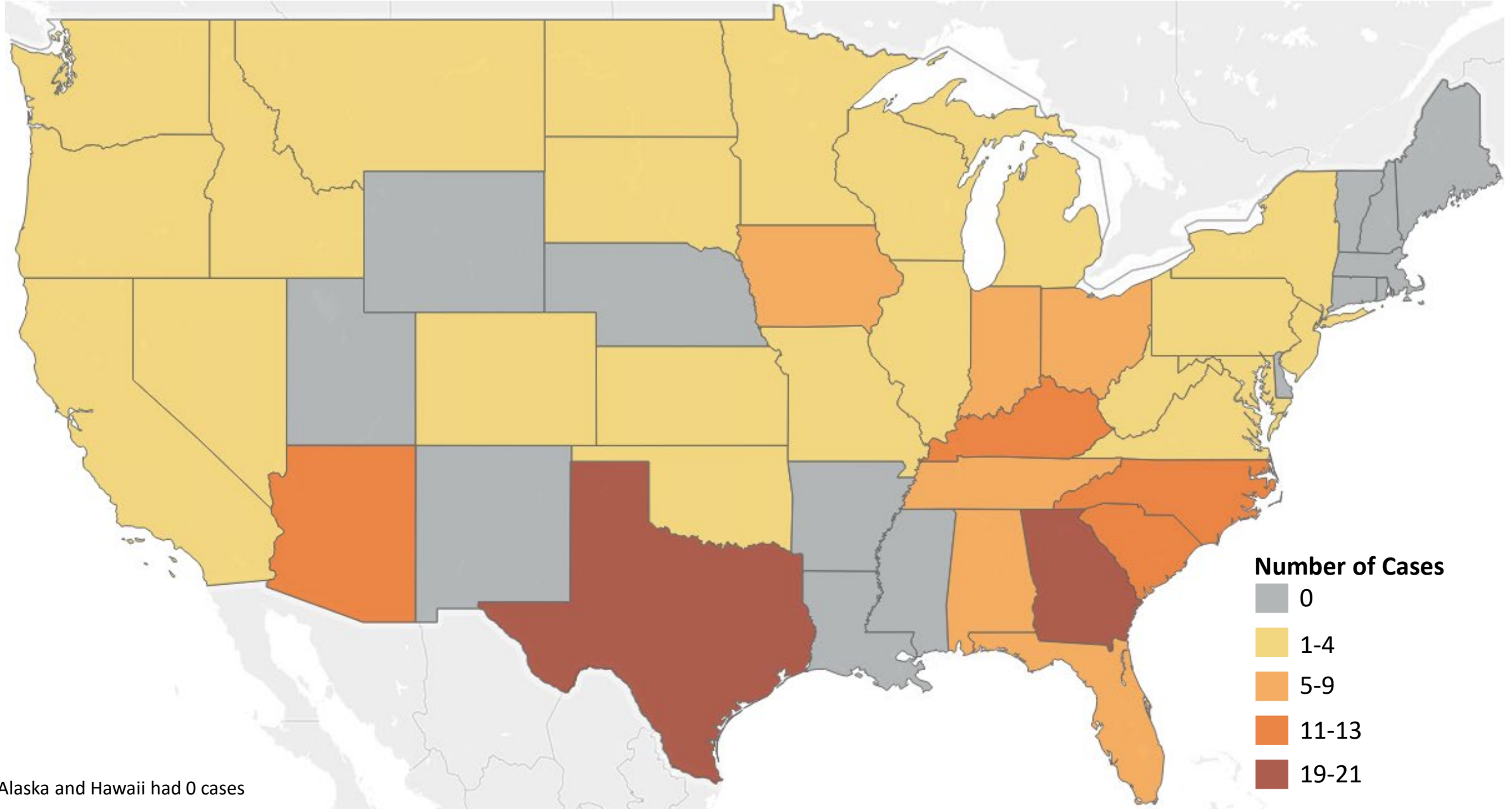


# FDA Product Testing Results

- The exact cause of illness was undetermined, several chemical substances were detected in various Diamond Shroomz brand products, including:
  - Muscimol
    - found in *Amanita muscaria* and related mushrooms
  - Acetylpsilcin
    - synthetic form of a psychedelic drug
  - Psilocin
    - Schedule 1-controlled substance found in many psychedelic mushrooms
  - Pregabalin
    - prescription drug used in pain management
  - Desmethoxyangonin, Dihyrdokavain, & Kavain
    - substances found in the kava plant



# Chocolate Mushroom Case Counts by State (N=180)



\*Alaska and Hawaii had 0 cases

# Epidemiologic Investigation - Texas

Environmental Surveillance and Toxicology Branch (ESTB) coordinated and led the epidemiologic investigation activities in Texas.

- Texas Poison Center Network (TPCN) database was queried to find potential cases identified in the exposure calls meeting the CDC case definition.
- Conducted in-depth investigation for potential cases identified by:
  - Maintaining an in-house tracking database for case follow-up activities.
  - Requesting medical records from health facilities.
  - Performing medical abstraction.
  - Conducting patients interviews to collect additional information on product exposure.
- Provided weekly and later bi-weekly updates to CDC about Texas cases by uploading investigation data into CDC's REDCap database.



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# Texas Case Information

- 19 confirmed cases of Shruumz-related illnesses in Texas from January 1 to October 11, 2024.
- 6 were hospitalized.
  - 2 required advanced oxygen therapy to assist in breathing.
- Cases ranged from 3–45 years of age.
  - 37% were under 13 years of age.



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# Texas DSHS Response

- Participated in the CDC led investigation into illness associated with Diamond Shroomz™ and other mushroom chocolate products.
- Sent CDC Health Advisory to health care providers across the state.
- Issued a news release alerting the public of the Diamond Shroomz™ recall and investigation.
- Posted FDA's Diamond Shroomz™ recall notice on DSHS website.
- Sent advisory emails to retail firms based on FDA's list of stores in Texas, as well as to local health departments.
- **DSHS Consumer Protection Division conducted phone surveys with product recipients/retailers, and onsite recall audit checks.**



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# Figure References – Type of Mushrooms

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# Thank you!

**Haylea Stuteville, MPH**

Poison Epidemiologist

[Haylea.Stuteville@dshs.texas.gov](mailto:Haylea.Stuteville@dshs.texas.gov)

**Environmental Surveillance and Toxicology Branch**

Website: <https://www.dshs.state.tx.us/estb/default.aspx>

Email: [EPITOX@dshs.texas.gov](mailto:EPITOX@dshs.texas.gov)