



TEXAS
Health and Human
Services

**Texas Department of State
Health Services**

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

MCAFDO Virtual Conference
December 4, 2025

Haylea Stuterville, MPH

America's Poison Centers



TEXAS
Health and Human
Services

Texas Department of State
Health Services

America's Poison Centers (APC)

55

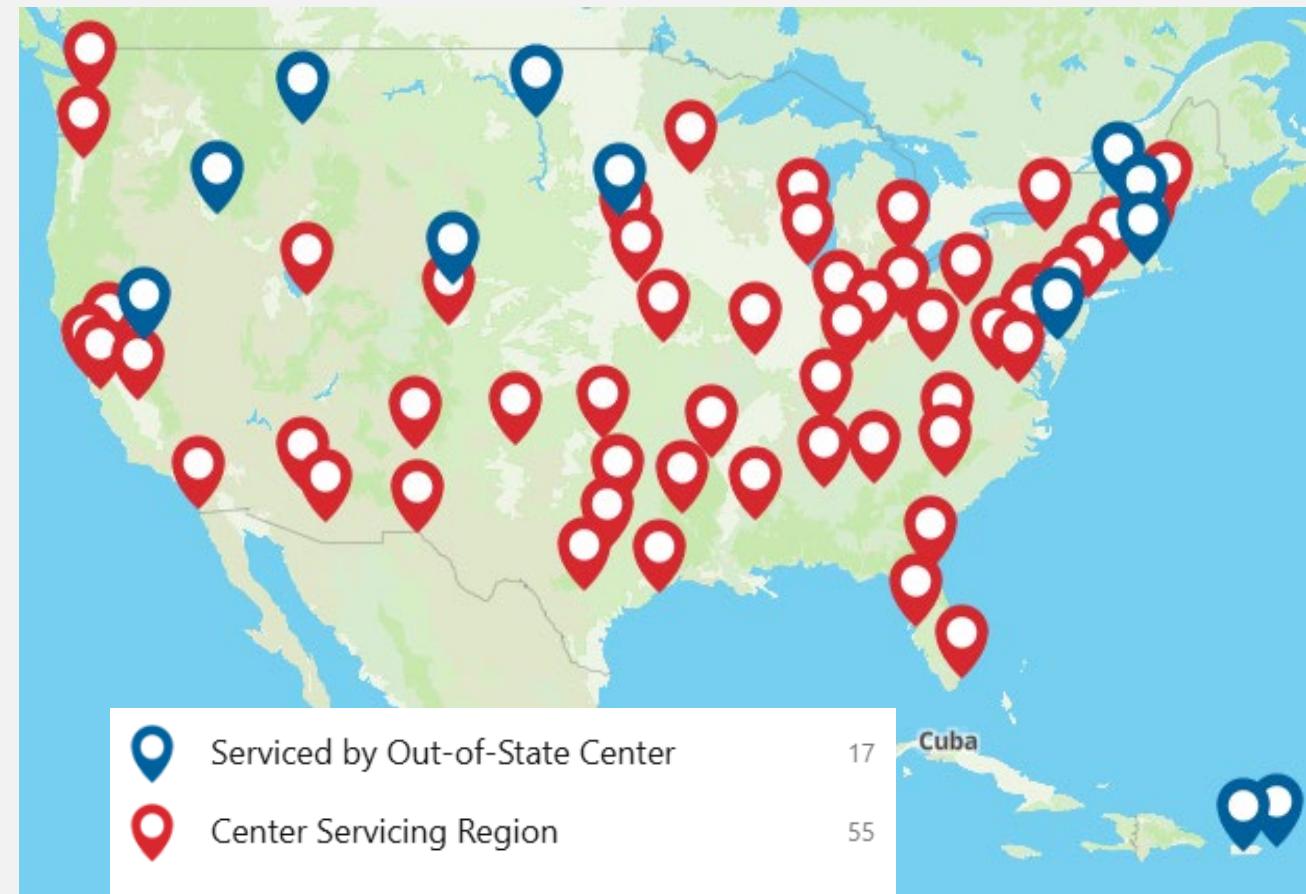
APC supports the United States' 55 poison centers

24/7/365

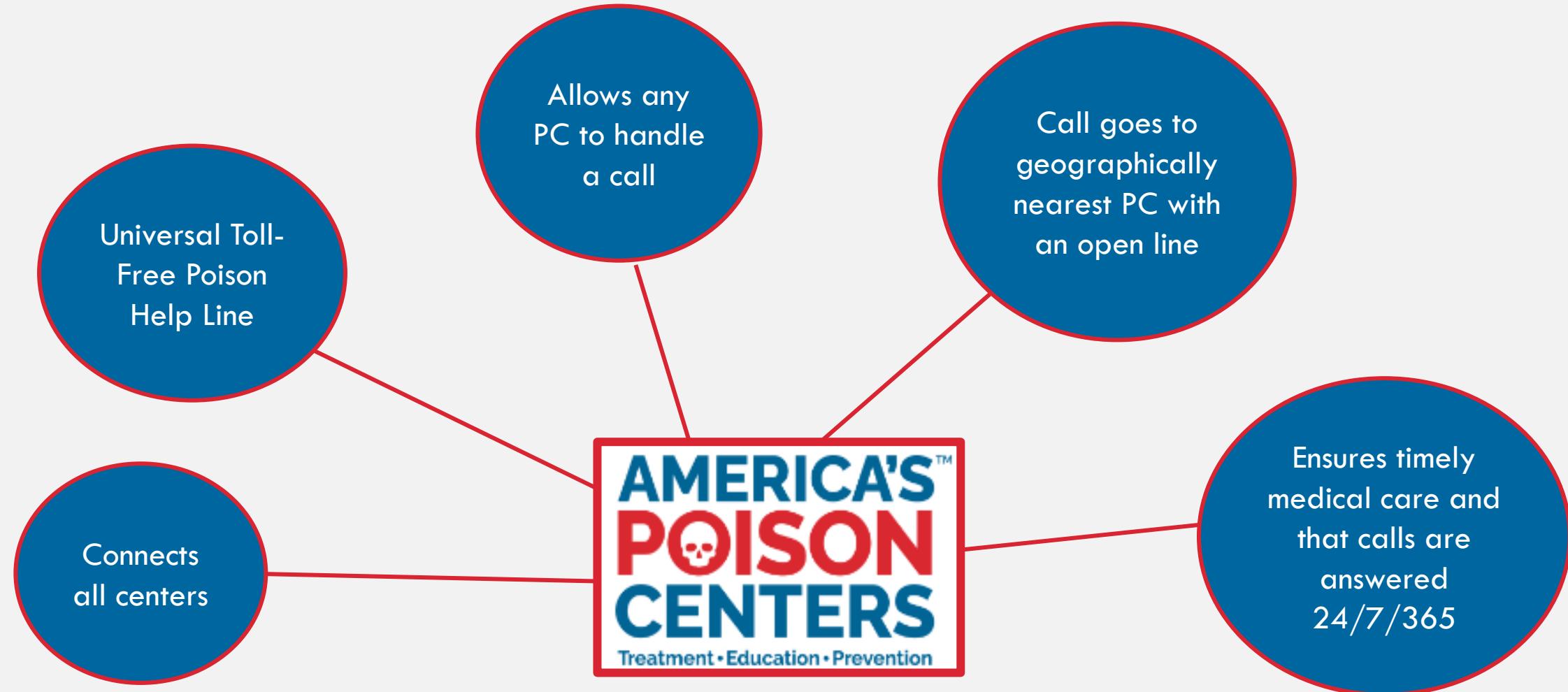
Specialized Poison Investigators (SPI) provide free expert medical advice

Poison Help Line

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



Sophisticated Telecommunications Network



National Chemical & Radiological Surveillance Program

AMERICA'S POISON CENTERS (APC)



Individual poison centers upload de-identified data into NPDS

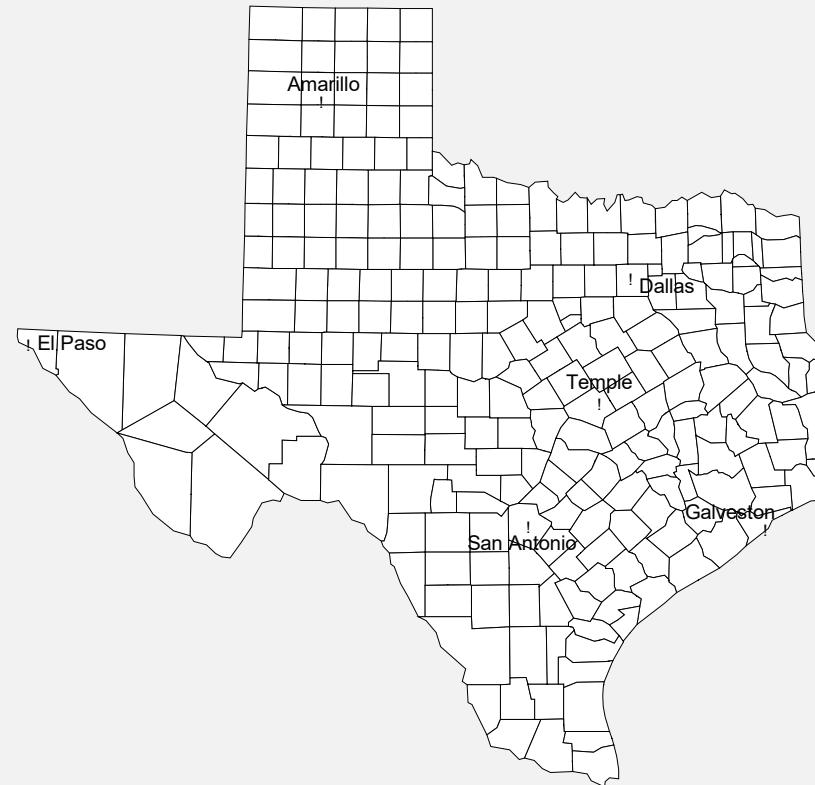
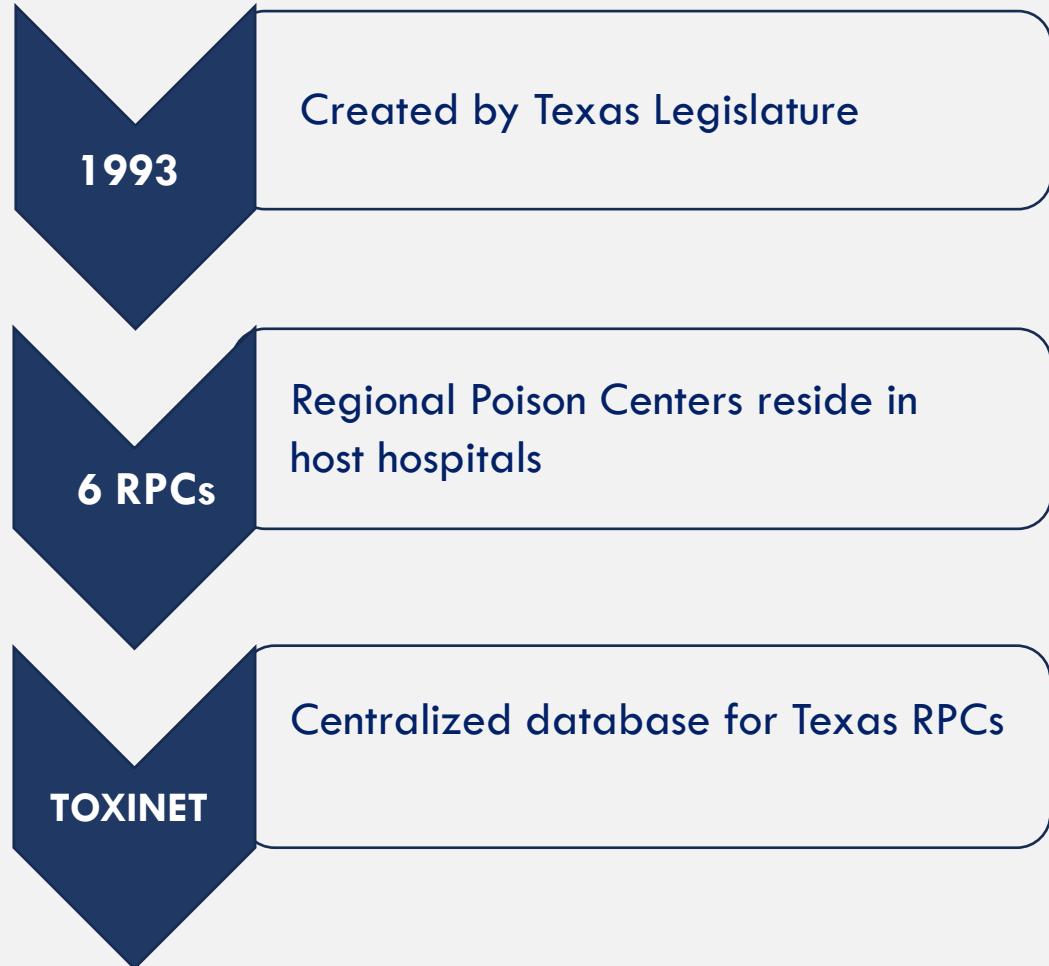


CENTER FOR DISEASE CONTROL AND PREVENTION (CDC)



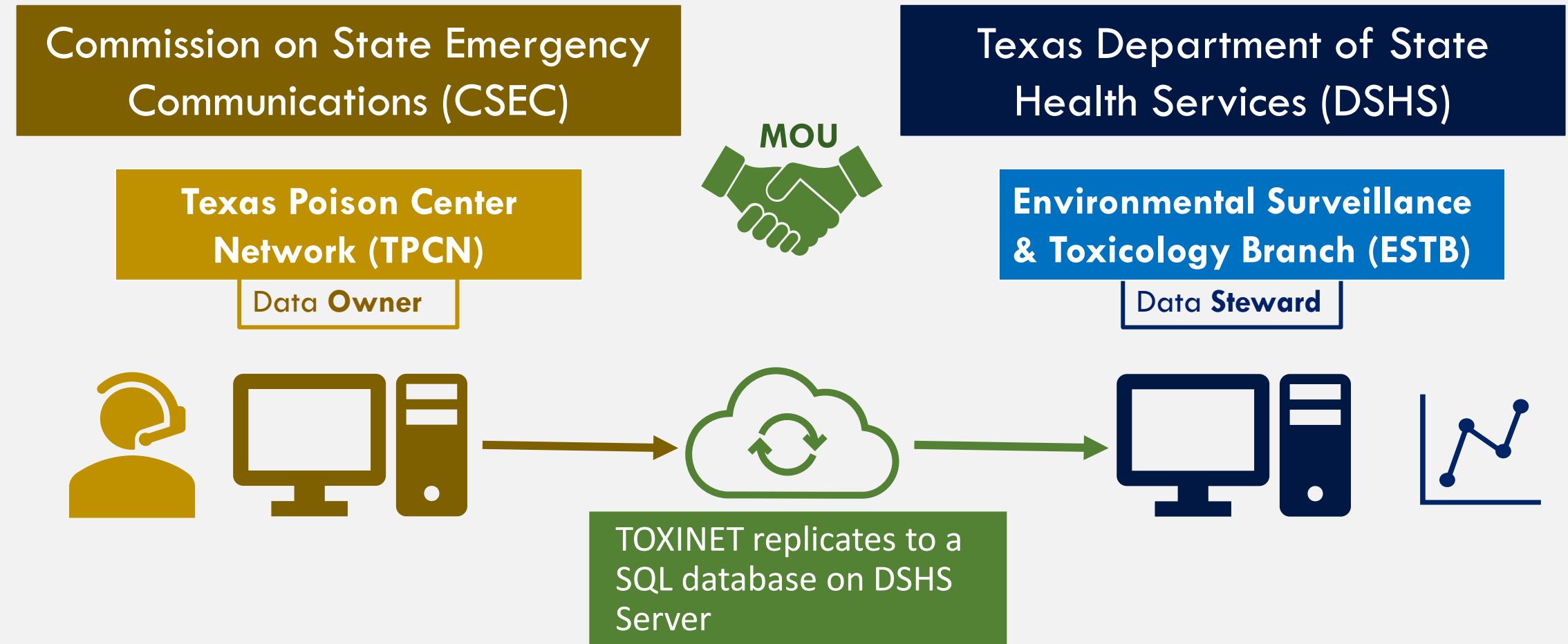
CDC monitors calls in NPDS & reports any events of public health significance to state jurisdiction.

Texas Poison Center Network (TPCN)



- 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



TEXAS
Health and Human
Services

Texas Department of State
Health Services

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



Shiitake¹



Lion's Mane²



Oyster³



Reishi⁴

Psychoactive

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



Blue Meanies⁵



Golden Teacher⁶



Wavy Cap⁷

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 Muscaria⁸



Amanita pantherina⁹

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	Poisonous
<ul style="list-style-type: none">• Agitation• Vomiting• Diarrhea• Muscle weakness• Panic or paranoia• Psychosis• Seizures• Coma	<ul style="list-style-type: none">• Gastrointestinal illness<ul style="list-style-type: none">• Nausea & vomiting• Stomach Cramps• Diarrhea• Headache• Fast heartbeat (tachycardia)• Liver toxicity<ul style="list-style-type: none">• Amatoxin• Nephrotoxicity – kidney symptoms & damage• Seizures• Death<ul style="list-style-type: none">• 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 chage.
 - 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](#)



Texas Department of State
Health Services

Chocolate Mushroom Investigation



TEXAS
Health and Human
Services

Texas Department of State
Health Services

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 Shruumz 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.



Texas Department of State
Health Services

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

Health Effects Among Sick People After Exposure

Signs and symptoms reported by ill patients who consumed Diamond Shruumz™ 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



Texas Department of State
Health Services

Investigation Timeline – United States

May 31, 2024

CDC alerted to outbreak involving Diamond Shrumz™ products via APC

June 12, 2024

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

June 27, 2024

The manufacturer Prophet Premium Blends, LLC initiated recall of all Diamond Shrumz™ 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 Shrumz™ chocolate bars.

June 25, 2024

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

July 19, 2024
TX DSHS issues news release about Diamond Shrumz™ 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 Shruumz™ product or other mushroom chocolate bar.
 - 65.5% (118) ate a **Diamond Shruumz™ product**
 - 20.0% (36) ate a mushroom chocolate bar of an **unspecified brand**
 - 14.5% (26) ate a **non-Diamond Shruumz™ brand** mushroom chocolate bar
- 73 Hospitalizations
- 3 Potentially Associated Deaths
- 34 states reported cases
 - Georgia (21) and Texas (19) had the most cases

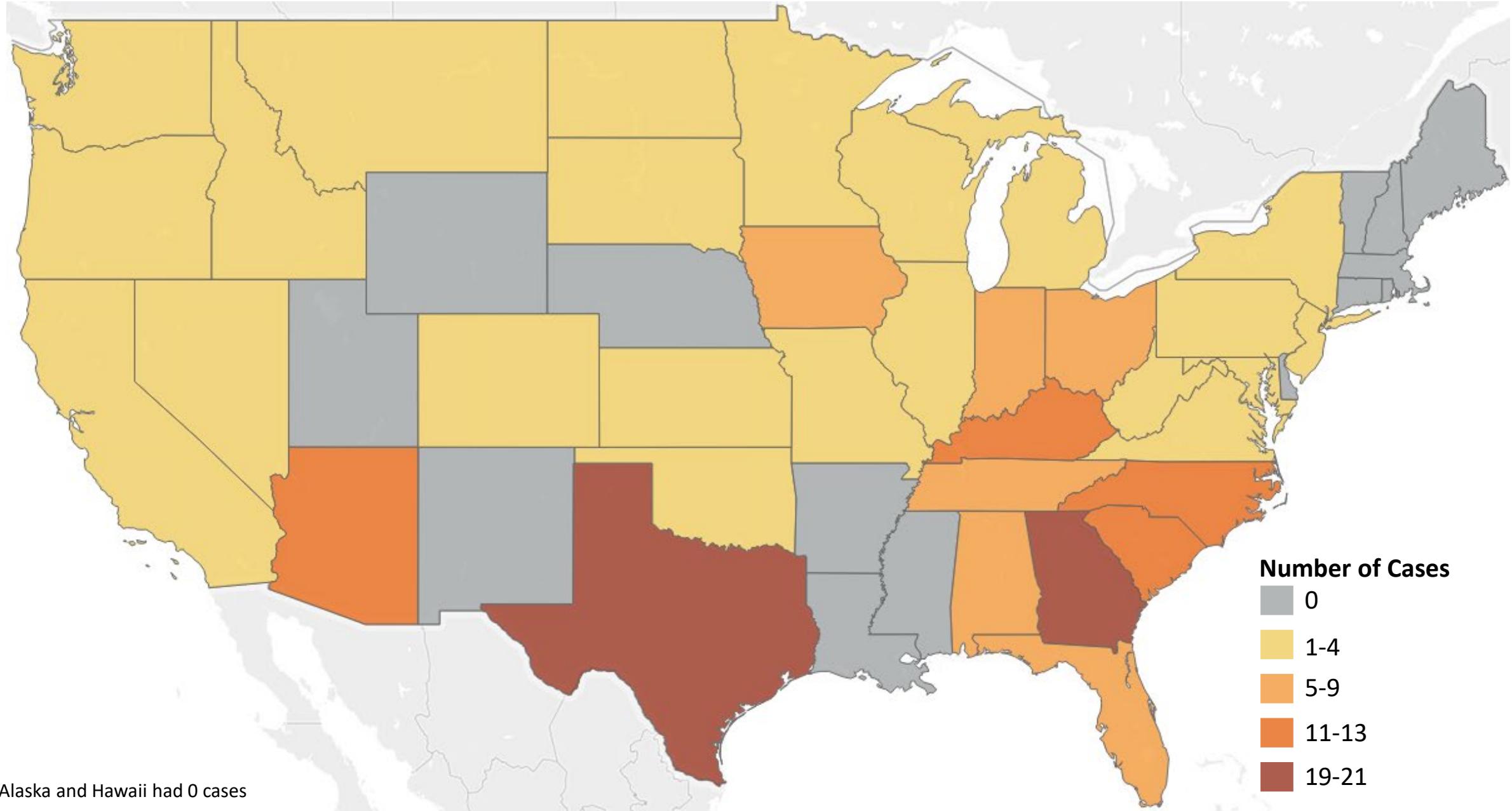
FDA Product Testing Results

- The exact cause of illness was undetermined, several chemical substances were detected in various Diamond Shruumz 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
 - Desmethoxyyangonin, Dihydokavain, & Kavain
 - substances found in the kava plant



Texas Department of State
Health Services

Chocolate Mushroom Case Counts by State (N=180)



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.



Texas Department of State
Health Services

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.



Texas Department of State
Health Services

Texas DSHS Response

- Participated in the CDC led investigation into illness associated with Diamond Shruumz™ 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 Shruumz™ recall and investigation.
- Posted FDA's Diamond Shruumz™ 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.**



Texas Department of State
Health Services

Figure References – Type of Mushrooms

1. Shiitake mushrooms adapted from Encyclopædia Britannica by keko64/stock.adobe.com retrieved from www.britannica.com/science/shiitake-mushroom#/media/1/540501/199047
2. Lion's mane mushroom adapted from "What the Evidence Says About Lion's Mane Mushroom for Patients With Cancer" by yothirmai Gubili, MS, Alyona Weinstein, MSN, FNP-BC, and Yen Nien (Jason) Hou, PharmD, Dipl. OM, Lac retrieved from <https://www.ons.org/publications-research/voice/news-views/11-2024/what-evidence-says-about-lions-mane-mushroom>
3. Oyster mushrooms adapted from "Oyster Mushrooms: How to Cook With Oyster Mushrooms" by MasterClass retrieved from <https://www.masterclass.com/articles/oyster-mushrooms>
4. Reishi mushrooms adapted from "Reishi Mushroom: A Complete Guide" by SemperaOrganics retrieved from <https://semperaorganics.com/news/latest/reishi-mushroom-a-complete-guide/>
5. Blue Meanies mushrooms adapted from "Inaturalist Blue Meaneis (*Panaeolus cyanescens*)" by Samuel Frankel retrieved from <https://www.inaturalist.org/taxa/179100-Panaeolus-cyanescens>
6. Golden Teacher mushrooms by Hyoung Chang / The Denver retrieved from <https://www.science.org/content/article/mind-bending-twist-magic-mushrooms-evolved-twice-independently>
7. Wavy Cap Mushroom adapted from "Largest diversity study of 'magic mushrooms' investigates the evolution of psychoactive psilocybin production" by Bryn Dentinger retrieved from <https://nhmu.utah.edu/press/2024/01/largest-diversity-study-magic-mushrooms>
8. Amanita Muscaria or fly agaric mushroom adapted from Wikipedia Amanita Muscaria Entry by Wikipedia retrieved by https://en.wikipedia.org/wiki/Amanita_muscaria#/media/File:Amanita_muscaria_3_vliegenzwammen_op_rij.jpg
9. Amanita ameripathera By Twelvism - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=64286161>

Thank you!

Haylea Stuteville, MPH

Poison Epidemiologist

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