

# Our Shiitake has the most Vitamin D.

536 IU => 9680 IU/100g  
18x After UVB exposure

The Vitamin D content in Shiitake are greatly enhanced by sunlight. Sun-dried Shiitake contain the most amount of Vitamin D of any other plant related foods. Our Shiitake are exposed by ultraviolet light in the factory so that we can further enhance and guarantee the amount of Vitamin D.

USDA has reported that the most Vitamin D rich ingredient is **brown mushrooms**, exposed to ultraviolet light, it has **1,110 IU/87g**.

<https://ods.od.nih.gov/pubs/usdandb/VitaminD-Content.pdf>

Our dried Shiitake will become 4x's heavier after rehydration.

If we compare our Shiitake with USDA data, the following calculation can be made.

$9680 \text{ IU (242}\mu\text{g)} / 100\text{g (dried shiitake)} \div 4 = 2,420 \text{ IU (61}\mu\text{g)} / 100\text{g rehydrated shiitake}$   
 $= \mathbf{1,936 \text{ IU (48}\mu\text{g)} / 80\text{g (Our Shiitake)}}$

In conclusion, our Shiitake has the most Vitamin D content of any natural foods.



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**CERTIFICATE OF ANALYSIS**

Client: SUGIMOTO Co., Ltd.  
458-28 Mitai, Takachiho-cho, Nishiusuki-gun, Miyazaki 882-1101, Japan

Sample name: C) Before far-infrared ray and UVB exposure, Dried Shiitake KOSHIN, Kyushu, Japan.

Received date: May 13, 2019

This is to certify that the following result(s) have been obtained from our analysis on the above-mentioned sample(s) submitted by the client.

**Test Result(s)**

| Test Item                                   | Result       | QL    | N | M |
|---|--------------|-------|---|---|
| Calciferol (Vitamin D)                      | 13.4 µg/100g | ..... |   | 1 |
| Calciferol (Vitamin D) [International Unit] | 536 IU/100g  | ..... |   |   |
| 5'-Guanylic acid                            | 0.11 g/100g  | ..... | 1 | 1 |

QL: Quantitation limit N: Notes M: Method

**Notes**

1: Before measurement, the sample was reconstituted in 4 °C water for 3 hours and heated in a boiling water bath for 15 minutes. The result was calculated as the sample weight.

**Method**

1: HPLC



Signed for and on behalf of JFRL

*T. Arai*

Takeko Arai

Section of Analysis Documentation

*Sep. 19, 2019*

Date

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**Test Result(s)**

| Test Item                                   | Result           | QL    | N | M |
|---|------------------|-------|---|---|
| Calciferol (Vitamin D)                      | 242 $\mu$ g/100g | ..... |   | 1 |
| Calciferol (Vitamin D) [International Unit] | 9680 IU/100g     | ..... |   |   |
| 5'-Guanylic acid                            | 0.12 g/100g      | ..... | 1 | 1 |

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**Method**

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