Kansas Department of Health and Environment

Date: July 11, 2024
From: Kansas Department of Health and Environment – Division of Public Health
To: Healthcare Providers and Local Health Departments
RE: Severe Illness Potentially Associated with Consuming Diamond Shruumz™ Brand Chocolate Bars, Cones, and Gummies

Background

The Centers for Disease Control and Prevention (CDC), Food and Drug Administration (FDA), America's Poison Centers, and state and local partners are investigating reports of severe acute illnesses potentially associated with consuming Diamond Shruumz™ brand chocolate bars, cones, and gummies marketed as containing a proprietary blend of mushroom. As of July 8, 2024, 58 total illnesses, including 30 hospitalizations, have been reported in 27 states with ongoing efforts to identify other potential cases. Among hospitalized case-patients, several required intubation, mechanical ventilation, and admission to an intensive care unit. There is one potentially associated death under investigation. In Kansas, KDHE is investigating two possible cases associated with this outbreak.

Symptoms might include, but not limited to, central nervous system depression with sedation, seizures, muscle rigidity, clonus, tremor, respiratory failure, hallucinations, abnormal heart rate (bradycardia or tachycardia), abnormal blood pressure (hypotension or hypertension), gastrointestinal effects (nausea, vomiting, or abdominal pain), skin flushing, diaphoresis, and metabolic acidosis with increased anion gap.

The cause of the reported illnesses is not known at this time. Individuals should not eat, sell, or serve any flavors of Diamond Shruumz™ brand chocolate bars, cones, or gummies, and should discard products that have been purchased. CDC and FDA are working to determine whether other products from this company are associated with adverse health effects.

About the Product

On June 27, 2024, Prophet Premium Blends, LLC of Santa Ana, CA, initiated a recall of all flavors of Diamond Shruumz™ brand chocolate bars, cones, and gummies. These products have been distributed online and at retailers, including those that sell hemp-derived (e.g., cannabidiol [CBD], delta-8-tetrahydrocannabinol [THC]) and smoke/vape products nationwide.

Products containing psychoactive compounds such as cannabis or mushroom extracts are increasing in availability. These "edibles" are often sold as gummy candies, chocolate, or other snack foods. They might contain undisclosed ingredients, including illicit substances, other adulterants, or potentially harmful contaminants that are not approved for use in food. Mushroom-containing products have been marketed for promoting health or for achieving nonspecific physical or psychoactive effects.

Recommendations for Clinicians

- Counsel patients, caregivers, and guardians not to purchase, consume, or serve Diamond Shruumz™ brand chocolate bars, cones, or gummies.
- Counsel patients, caregivers, and guardians to avoid consuming mushroom-containing edible products claiming to produce neurologic, cognitive, or psychoactive effects.
- Be aware that "edibles" or food-like products marketed with nonspecific health benefits or implied psychoactive effects might contain undisclosed, misformulated, or unapproved ingredients that can cause severe adverse health effects.
- Have a high index of suspicion for severe illness in any patient who recently consumed any of these products presenting to a healthcare facility with any adverse effects.
    - Symptoms might include, but not limited to, central nervous system depression with sedation, seizures, muscle rigidity, clonus, tremor, respiratory failure, hallucinations, abnormal heart rate (bradycardia or tachycardia), abnormal blood pressure (hypotension or hypertension), gastrointestinal effects (nausea, vomiting, or abdominal pain), skin flushing, diaphoresis, and metabolic acidosis with increased anion gap.
- It is recommended that clinicians obtain early consultation with a medical toxicologist with expertise in managing patients with acute unknown ingestions. Contact the Kansas Poison Center at 1-800-222-1222 for advice on medical management of these patients.
    - Managing symptoms from an unknown exposure primarily involves supportive care and consultation with a poison center or toxicologist. Common treatments include IV fluid hydration, supplemental oxygen, and ventilatory support for respiratory failure. Benzodiazepines might be indicated as first-line medications to treat seizures, muscle rigidity, or agitation. Consider the possibility of concomitant ingestion of other drugs or medications and be aware that other specific antidotes (e.g., naloxone) might be indicated.
    - Consider routine diagnostic testing if indicated based on the patient's clinical presentation. Examples might include, but are not limited to, a comprehensive metabolic panel (CMP), including serum electrolytes, liver enzymes and BUN/creatinine; complete blood count; arterial blood gas; urinalysis; and urine drug screen.
    - Consider consulting a neurologist for evaluation and further diagnostic workup such as electroencephalogram (EEG) or imaging studies if there is any concern for status epilepticus.
    - Consider retaining urine and blood samples for further testing. Urine drug screens commonly used in healthcare facilities usually only detect a limited number of compounds. Decisions to perform further testing may be based on discussions and coordination with a poison center or state health authorities.

Call for Cases/Case Reporting

- Health care providers and local health departments should report suspected cases of illness after consuming Diamond Shruumz™ brand chocolate bars, cones, and gummies or other similar edible products to the 24/7 KDHE Epidemiology Hotline. Reports may be faxed to 877-427-7318, sent securely using a HIPAA-compliant email to kdhe.epihotline@ks.gov, or by phone to 877-427-7317, option 5.

Recommendations for Public Health Practitioners

- Be aware that cases of severe illness have been reported following consumption of Diamond Shruumz™ brand chocolate bars, cones, and gummies.
- Educate the public about the risks of eating mushroom-containing edible products marketed with claims of nonspecific physical effects, health benefits, or implied psychoactive effects. Such products might contain potentially harmful undisclosed, misformulated, or unapproved ingredients.

For More Information

- Severe Illness Potentially Associated with Consuming Diamond ShruumzTM Brand Chocolate Bars, Cones, and Gummies | CDC
- Investigation of Illnesses: Diamond Shruumz-Brand Chocolate Bars, Cones, & Gummies | FDA
- MedWatch: The FDA Safety Information and Adverse Event Reporting Program | FDA
- America's Poison Centers
- American College of Medical Toxicology
- Pediatric Environmental Health Specialty Units