

The Wasabi List

What is fake and what is true *Wasabia japonica*? This list will tell you about the ones we know about. Use this when buying to safeguard your families health.

Product Name	Contains Wasabi?		Contains Additives?
Annie Chun's Roasted Wasabi Seaweed Snacks	N	-	Y
Clearspring Wasabi Powder	Y (10%)	Whole Plant (Small amount of rhizome only)	Y
Denver Spice Japanese Wasabi Powder	N	-	Y
Eden Wasabi Powder	Y (~1%)	Whole Plant (Not known – could be leaf only)	Y
Great Eastern Sun Sushi Sonic Wasabi Powder	N	-	Y
Hime Powdered Sushi Wasabi (Tin)	N	-	Y
Hime Powdered Wasabi	N	-	Y
House Foods Wasabi Powder (Bulk)	N	-	Y
Jansai Garden Japanese Horseradish Powder	Y (~1%)	Whole Plant (Not known – could be leaf only)	Y
Kabuto Ready-Mix Wasabi	N	-	Y
Kaneku Premium Wasabi Ko - Japanese Horseradish Powder	N	-	Y
Kinjirushi Brand Hot & Spicy Grated Wasabi	N	-	Y
Kinjirushi Powdered Wasabi	N	-	Y
McGarett Wasabi Powder	N	-	Y
My Choice Wasabi Paste	N	-	Y
Namida 100% Pure <i>Wasabia japonica</i> Rhizome Powder	Y (100%)	Rhizome (100%)	N Non GMO Verified, DNA tested for purity.
Neri Wasabi (Wasabi Paste)	N	-	Y
Obun Wasabi Powder 100g	N	-	Y
Organic Wasabi Powder 300g /Thai	N	-	Y (horseradish, mustard, natural colouring)
Roland Wasabi Powder	N	-	Y
S&B - Wasabi in Plastic Tube (All Sizes)	N	-	Y
S&B Wasabi Powder Bulk	N	-	Y
S&B Wasabi Powder N-2 All Natural	N	-	Y
S&B Wasabi Powder Tin	N	-	Y
Seasoned Pioneers Wasabi Powder	N	-	Y
Shikai B32908 Beaver Wasabi Powder	N	-	Y
Speciality Brands Wasabi Powder	N	-	Y

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Spice Islands Wasabi	N	-	Y
Spicely Organic Wasabi Seasoning	N	-	Y
Spices for less Wasabi Powder	N	-	Y
Stonewall Kitchen Wasabi Horseradish Cream	Y	Roots only (from Label) Quantity unknown	Y
Sushi Chef Wasabi (Powdered Green Horseradish)	N	-	Y
Sushi Sonic 100% Real Powdered Wasabi	Y	Whole Plant (Not known – could be leaf/petiole only)	N (Assumption only)
Sushi Sonic Wasabi Blend (51% Wasabi with Horseradish and Mustard)	Y	Whole Plant (51%) (Not known – could be leaf/petiole only)	Y
Trader Joe's Wasabi Flavored Almonds	N	-	Y
Waner Wasabi Powder	N	-	Y
Wasabi Powder by Roland	N	-	Y
Wasabi Powder, Genuine, Pure	Y	Whole Plant (100%) (Not known – could be leaf/petiole only)	N (Assumption only)
Whole Spice Wasabi Powder, Green	N	-	Y
Whole Spice Wasabi Powder, Green	N	-	Y
Woomtree Wasabi Powder	N	-	Y

Note: Additives include FDA Approved Carcinogenics (Colouring and Flavourings), Mustard (an allergen), Horseradish, Tumeric, Spirulina, Spinach, Chilli, Tapioca, Rice, and Wheat Flour (Gluten allergen) Powders. There are likely to be other ingredients added which may or may not be on the label. Some of these can cause extreme allergic reactions and the label should be read carefully. The only safe products are those that have one ingredient – *Wasabia japonica*.

In terms of taste and health properties – Rhizome (swollen stem) is the best, Petiole (Leaf stalk) is less than 1/3 health value of the rhizome, and leaf is less than ¼ of the Petiole.