

# *Listeria* Outbreak Linked to Supplement Shakes

Food safety alert

**Investigation status:** Open

**Recall issued:** Yes

CDC, FDA and public health officials in several states are investigating a multistate outbreak of *Listeria* infections linked to supplement shakes. Many people in this outbreak lived in long-term care facilities or were hospitalized before becoming sick.

## Fast Facts

- **Cases:** 38
- **Hospitalizations:** 37
- **Deaths:** 12
- **States:** 21

## Recalled food

- On February 22, 2025, Lyons Magnus LLC [recalled](#) frozen supplement shakes that were distributed to food service operators and long-term care facilities.
- **Brands:**
  - Sysco Imperial
  - Lyons ReadyCare

## What you should do

- **Do not eat any recalled products.** Throw them away or return them to where you bought them.
- **[Clean](#) your refrigerator, containers, and surfaces** that may have touched the recalled products. *Listeria* can survive in the refrigerator and can easily spread to other foods and surfaces.
- **Call a healthcare provider right away** if you have these symptoms after eating recalled products.
  - **Pregnant women:** Fever, muscle aches, and tiredness. Your illness may be mild, but *Listeria* can cause pregnancy loss or premature birth. It can also cause serious illness or death in newborns.
  - **Other people may have:** Headache, stiff neck, confusion, loss of balance, and convulsions, in addition to fever, muscle aches, and tiredness.

## What businesses should do

- **Do not sell or serve recalled supplement shakes.**
- **Follow [FDA's safe handling and cleaning advice](#) if you sold or served recalled products.**

#### Symptoms of *Listeria*

- *Listeria* is especially harmful to pregnant women, people 65 or older, and people with weakened immune systems. This is because *Listeria* is more likely to spread beyond their gut to other parts of their body, resulting in a severe condition known as invasive listeriosis.
  - **For women who are pregnant**, *Listeria* can cause pregnancy loss, premature birth, or a life-threatening infection in newborns.
  - **For people who are 65 or older or who have a weakened immune system**, *Listeria* often results in hospitalization and sometimes death.
- Symptoms usually start within 2 weeks after eating food contaminated with *Listeria* but may start as early as the same day or as late as 10 weeks after.
  - **Pregnant women:** Fever, muscle aches, and tiredness. Your illness may be mild, but *Listeria* can cause pregnancy loss or premature birth. It can also cause serious illness or death in newborns.
  - **Other people may have:** Headache, stiff neck, confusion, loss of balance, and convulsions, in addition to fever, muscle aches, and tiredness.

## Investigation Update: *Listeria* Outbreak, Supplement Shakes, February 2025

#### Key points

CDC, FDA and public health officials in several states are investigating a multistate outbreak of *Listeria* infections linked to supplement shakes. Many people in this outbreak lived in long-term care facilities or were hospitalized before becoming sick.



February 24, 2025

CDC, public health and regulatory officials in several states, and the U.S. Food and Drug Administration (FDA) are collecting [different types of data](#) to investigate a multistate outbreak of *Listeria monocytogenes* infections.

Epidemiologic, laboratory, and traceback data show that supplement shakes manufactured by Prairie Farms are contaminated with *Listeria* and are making people sick.

#### Epidemiologic Data

As of February 21, 2025, 38 people infected with the outbreak strain of *Listeria monocytogenes* have been reported from 21 states. Sick people's samples were collected on dates ranging from August 17, 2018, to January 23, 2025. Of 38 people with information available, 37 have been hospitalized. Twelve deaths have been reported from California, Illinois, Indiana, Michigan, Minnesota, North Carolina, New York, Tennessee, Texas, and Washington. Most people in this outbreak reported living in long-term care facilities or were hospitalized prior to becoming sick.

The true number of sick people in this outbreak is likely higher than the number reported, and the outbreak may not be limited to the states with known illnesses. This is because some people recover without medical care and are not tested for *Listeria*. In addition, recent illnesses may not yet be reported as it usually takes [3 to 4 weeks](#) to determine if a sick person is part of an outbreak.

Public health officials collect many different types of information from sick people, including their age, race, ethnicity, other demographics, and the foods they ate in the month before they got sick. This information provides clues to help investigators identify the source of the outbreak.

The table below has information about sick people in this outbreak ("n" is the number of people with information available for each demographic).

## **Demographics**

### **Information**

#### **Age**

**(n=38)**

Range from 43 to 101 years

Median age of 78

#### **Sex**

**(n=38)**

58% female

42% male

#### **Race**

**(n=32)**

78% White

22% African American/Black

0% Native American or Alaska Native

0% Asian

0% Native Hawaiian or other Pacific Islander

0% reported more than one race

#### **Ethnicity**

**(n=31)**

90% non-Hispanic

10% Hispanic

CDC investigated this outbreak in 2018, 2021, and 2023. Epidemiologic evidence in previous investigations identified that sick people were residents in long-term care facilities and nursing homes and the likely source was a food served in those types of institutions, but there was not enough information to identify a specific food. CDC reopened the investigation in October 2024 after six new illnesses were reported. In February 2025 after traceback identified a product of interest, the outbreak strain was found in environmental samples from Prairie Farms.

State and local public health officials are interviewing people about the foods they ate in the month before they got sick. Of 38 people with information, 34 (89%) reported living in long-term care facilities or were hospitalized before becoming sick. Eight people reported mechanical soft diets,

like supplement shakes. Records reviewed from facilities indicated supplement shakes were available to residents.

#### Laboratory and Traceback Data

Public health investigators are using the [PulseNet](#) system to identify illnesses that may be part of this outbreak. CDC PulseNet manages a national database of DNA fingerprints of bacteria that cause foodborne illnesses. DNA fingerprinting is performed on bacteria using a method called [whole genome sequencing \(WGS\)](#). WGS showed that bacteria from sick people's samples are closely related genetically. This suggests that people in this outbreak got sick from the same food.

FDA traced food records from long-term care facilities. These records showed that supplement shakes made by Prairie Farms were a common food served to people. On February 4, 2025, FDA collected environmental samples at Prairie Farms for testing. On February 19, 2025, WGS showed that the *Listeria* in the environment are closely related to bacteria from sick people.

#### Public Health Actions

On February 22, 2025, Lyons Magnus LLC [recalled](#) supplement shakes. CDC is advising people not to eat, sell, or serve recalled products.