

# MICRODOSING PSILOCYBIN MUSHROOMS

## What is Psilocybin?

Psilocybin is a naturally occurring psychedelic compound produced by more than 200 species of fungi. It has been safely and consciously consumed by humans for millennia.

## What is Microdosing?

Microdosing is consuming doses less than what is considered a therapeutic dose to elicit a non-psychoactive positive experience or response.

## COMMON EFFECTS

### Benefits

- Increased Focus & Clarity
- Enhanced Creativity
- Reduction in Depression & Anxiety
- Addiction Management

### Risks

- Federally Illegal (Legal in CO)
- No FDA Long-term Studies
- Negative Interactions with Certain Medications
- Amplification of Psychotic Disorders (if previously diagnosed)



## DOSAGE

Common microdose dosing begins between 50-100 mg (.05-.1 g) of psilocybin mushroom. **This is roughly 1/50th of a full 5 gram "heroic dose"**. The effect is sub-perceptual, non-intoxicating nor debilitating.

Another prime ingredient found in microdose capsules are Lion's Mane Mushrooms, a gourmet and functional fungi species used frequently in Chinese medicine and cuisine. Niacin is another common ingredient, which serves as a flushing agent and allows the psilocybin to be more bio-available.

## REGIMENT

Beginning regiments suggest consuming microdose capsules between 2-4 times per week. Some modalities recommend every other day consumption, while others prefer 4 days on followed by 3 days off. The goal is to maximize effect while not building tolerance. It is recommended taking a microdose at least 6 hrs prior to one's bedtime.

After 6-12 months of regular usage, consider increasing the dosage moderately. It is not recommended to increase the weekly use beyond 4 days per week.

## TESTIMONIAL

"I have been microdosing psilocybin regularly now for over 3 months. I've noticed both immediate effects as well as some long term. The daily effect is subtle yet noticeably positive. I feel a bit more aware and present. My focus sustains longer and I enjoy being creative. I take mine around lunchtime, and find myself staying in the zone through the evening. I also find myself more positive, even on the days I do not take a microdose.

**Microdosing feels like braces for the mind.**

Daily incremental shifts have led to better habits and a more positive lifestyle."

## KEY LINKS

[Johns Hopkins Psychedelic Research Center](#)

[Banner Health - Microdosing Psychedelics to Boost Mental Health](#)

[Tim Ferriss Podcast - Microdosing, Mind Enhancing Methods, and More](#)

[MAPS \(Multidisciplinary Association for Psychedelic Studies\) - Research Page](#)