



What is microdosing?

Microdosing is the practice of taking very small doses of a psychedelic substance, such as psilocybin, in order to experience subtle therapeutic effects without the intense hallucinations typically associated with higher doses. It involves taking sub-perceptual doses that are below the threshold for noticeable psychedelic experiences. Microdosing is often done on a regular schedule, with the aim of enhancing creativity, mood, focus, and overall well-being while maintaining functionality in daily life. It is believed to offer a gentle and controlled way to harness the potential benefits of psychedelics for personal growth and mental wellness.

Psilocybin

Psilocybin is a naturally occurring psychedelic compound found in certain species of mushrooms, including *Psilocybe cubensis*, the only type of psilocybin mushroom allowed to be manufactured in Oregon. *Psilocybe cubensis* is known for its potent psilocybin content and is carefully cultivated for its therapeutic benefits.



MICRO DOSING

Benefits of microdosing

- ▶ **Elevate Mood:** Experience increased positivity, emotional well-being, and a sense of inner peace.
- ▶ **Boost Creativity:** Ignite your creative potential and tap into a wellspring of innovative thinking and inspiration.
- ▶ **Enhance Focus:** Improve mental clarity, concentration, and productivity, allowing you to stay engaged and achieve your goals.
- ▶ **Foster Self-Reflection:** Deepen self-awareness, gain insights into your personal journey, and foster personal growth.
- ▶ **Reduce Stress:** Find a newfound calmness, reduce anxiety, and promote relaxation in your daily life.
- ▶ **Promote Personal Growth:** Facilitate personal transformation, holistic development, and an expanded sense of self.

For more Information

Our team is dedicated to providing accurate and reliable information to help you make informed decisions. We are here to address any questions or concerns you may have regarding psilocybin, its benefits, responsible use, and legal considerations.

Please note that while we strive to provide helpful information, it is always advisable to consult with qualified professionals or experts in the field for personalized guidance and advice tailored to your specific situation.





Micro dosage

Microdosing involves taking sub-perceptual doses of psilocybin, which means the effects are subtle and not overwhelming. The recommended dosage for *Psilocybe cubensis* microdosing ranges between 0.1 to 0.3 grams of dried mushrooms, taken every few days or on a schedule that suits your needs. The effects of different dosage ranges are as follows:

0.1 grams: This dosage is ideal for beginners or those seeking a gentle introduction to microdosing. It may provide a subtle boost in mood, creativity, and focus, without significant alterations in perception.

0.2 grams: A slightly higher dosage that can enhance the effects experienced at 0.1 grams. It may offer a greater sense of mental clarity, enhanced creativity, and improved mood, while still allowing you to function effectively in your daily activities.

0.3 grams: This dosage is on the higher end of the microdosing spectrum. It may provide more pronounced effects, including heightened creativity, improved problem-solving abilities, increased introspection, and a deeper sense of emotional well-being.

How to get started



Consultation: Seek guidance from a qualified professional experienced in psychedelic therapies to ensure a safe and informed approach.



Sourcing: Obtain *Psilocybe cubensis* from trusted and reliable sources that adhere to ethical cultivation practices and comply with local regulations.



Start Low, Go Slow: Begin with the lowest effective dose and gradually adjust as needed, paying attention to how your body and mind respond.



Self-Care and Integration: Engage in self-care practices, such as mindfulness, journaling, and reflection, to integrate the microdosing experience and maximize its benefits.

Disclaimer

The manufacture, possession, and consumption of psilocybin products are subject to Oregon state laws and regulations. It is essential to familiarize yourself with these laws and ensure full compliance before engaging in any related activities.

This flyer is intended for informational purposes only and does not constitute legal or medical advice. It is your responsibility to consult with a qualified professional or legal expert to understand the specific legal implications and requirements regarding psilocybin in your jurisdiction.

The information provided in this flyer is based on general knowledge and should not be considered a substitute for professional medical or psychological advice. Always consult with a healthcare professional before starting any new regimen or considering the use of psilocybin or other substances for therapeutic purposes.

The effects of psilocybin can vary greatly between individuals, and it is important to understand that individual experiences may differ. While research suggests potential therapeutic benefits, the outcomes and impact of psilocybin use may not be the same for everyone.

Please be aware that this flyer is not an endorsement or promotion of the use of psilocybin or any related products. The decision to explore psilocybin microdosing or any other form of psilocybin use should be made after careful consideration and personal research.

It is your responsibility to ensure your own safety and well-being when using or considering the use of psilocybin. Start with low doses, educate yourself about potential risks and contraindications, and seek guidance from qualified professionals to ensure a safe and informed approach.

By using the information provided in this flyer, you agree to assume all risks associated with psilocybin use and release the creators and distributors of this flyer from any liability or responsibility for any adverse effects or consequences that may result from the use or misuse of psilocybin.

Important to know

It's important to note that individual responses to microdosing can vary, and finding the right dosage may require some experimentation and self-observation. Starting with a lower dosage and gradually adjusting can help you find the sweet spot that best suits your needs and desired outcomes.

Always remember to approach microdosing with respect and mindfulness, maintaining a supportive environment and integrating the experience through reflection, journaling, and self-care practices.