

# Common Questions Answered



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## **SAFETY & FUNCTIONALITY**

- Legal mushroom supplements and hemp-derived products with less than 0.3% THC do not produce the intoxicating effects that alcohol does, making them safe for use throughout the day when taken in appropriate doses. Unlike alcohol, which can impair judgment and physical coordination, these supplements and hemp products are non-psychoactive and are used for their potential health benefits without causing a 'high.'
- Always ensure to follow recommended dosages and consult with a healthcare professional, especially if you have underlying health conditions or are taking other medications.
- Interactions: Some holistic alternatives can interact with pharmaceutical medications, potentially causing increased side effects, reducing the effectiveness of the medication, or even leading to dangerous health outcomes.
- Begin with a conservative dose to gauge your individual response and tolerance, ensuring you're in a safe environment at home or a similar setting where you can comfortably remain for 4-6 hours without the need to drive or operate machinery.

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## DRUG TEST INFORMATION

- Hemp-based products containing less than 0.3% THC are unlikely to result in a positive drug test for THC, especially if they are used in moderate amounts. However, several factors can influence test outcomes, such as the sensitivity of the drug test, the amount and frequency of product use, the individual's metabolism, and the specific formulation of the hemp product.
- It's important to note that while the risk is low, it is not zero. Some people may metabolize THC in a way that accumulates trace amounts over time, especially with frequent or heavy use of hemp products.
- For individuals concerned about drug testing, it's advisable to seek out hemp products that are certified to have no detectable levels of THC.
- Our legal mushroom supplements like reishi, lion's mane, cordyceps, and chaga are not tested for in standard urinary drug tests. These supplements do not contain psychoactive substances like psilocybin or psilocin, which are found in psychedelic mushrooms. Therefore, consuming legal mushroom supplements should not cause a positive result on a standard drug test.
- Please check the Certificate of Analysis from our DEA-approved third-party lab to verify the specific components of each product.



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