



mindfulMEDS

Microdosing Guide

Learn about the Science, History & Steps to a Successful Microdosing Experience



Hello MindfulMeds Fam,

Thank you so much for taking a moment to read our guide, my name is Keegan and I'm the founder of MindfulMeds. It's been an amazing honor to be able to build this business the past three years and serve you all with premium mushrooms. The life changing transformations I've been able to witness has made this project incredibly fulfilling to be a part of.

One of the corner stones of this organization and an aspect of this business that we take extremely serious is providing accurate and current educational materials for our community. Our team has worked extensively to put together this new and upgraded version of our microdosing guide. Our intention with this ebook is to lead the industry of psychedelics and plant medicines by providing a deep and comprehensive guide that will support you on this journey and provide you with everything you need to be successful with these medicines.

Please take your time to read through this ebook so you can give yourself the best chance of success with your Microdosing Journey. The more educated you become the higher rate of transformation you will experience.

On behalf of myself, and our entire organization we want to thank you for being here with us and joining the Mindful Movement. We wish you all the success in the world and truly can't wait to hear about your experience with our products.

Mush love,
Keegan Downer
Founder & Chief Vision Officer



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"Healing takes courage,
and we all have courage,
even if we have to dig
a little to find it."

TORI AMOS



Introduction

Microdosing has become a movement. Everyone is discussing microdosing on podcasts, interviews, among friends and sometimes at your local coffeeshop. It's not hard to find someone who has microdosed or someone who is curious about microdosing-- but we noticed that many people have no clue on HOW to microdose or what exactly it is like. Many are terrified of "tripping out" or getting high due to the psychedelic stigma which leads many to hesitate, get overwhelmed and avoid taking the leap.

So, here at MindfulMEDS, after many questions from our community we decided to create the most comprehensive guide in the microdosing space. From understanding the safety in the science, exploring where the stigma around psychedelics came from and providing a step by step process on how to begin your very own Microdosing Journey.

Microdosing for many of us here at MindfulMEDS has completely transformed our lives, but don't just take our word for it-- you can view our very own study [here](#). We had 40 participants complete a 7 week protocol and recorded their findings with extraordinary results-- so much so we knew we had to start this company and help as many people as possible through our products and education.

We wanted to give anyone new or unsure about microdosing a guide to help them understand it all and to feel confident to take that next step and to integrate microdosing into their very own routine.

Once you have read the guide you will step into the microdosing world knowing the science, safety, efficacy and steps to take in your own Microdosing Journey to get the results and support that you are looking for.

DISCLAIMER: THIS GUIDE DOES NOT PROVIDE MEDICAL ADVICE

The information, including but not limited to, text, graphics, images and other material contained in this guide are for informational purposes only. No material in this guide is intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read in this guide.



Microdosing 101

Here is the basic 411 about Microdosing. Starting with dosages, protocols and timing.



How much is a Microdose?

A microdose of magic mushrooms (psilocybin) is anywhere between 5-10% of a standard recreational dose (1000mg - 5000mg), making a microdose somewhere between 50mg to 250mg of psilocybin.

It's going to take a little experimenting to find the optimal dose. The idea is to find the dose that works for your body weight, metabolism and microdosing goals. It's very important when starting any microdosing regimen to start at the lower end of the scale and work your way up. We suggest starting with a 50mg capsule on a day when you have no commitments to become aware of how you feel.

If you do not feel anything, wait two days (check out the Part Two: The First Day on page 33) and then on your next dose day move up to a 75 or 100mg capsule (or take two 50mg capsules).

If you still do not feel anything, wait another two days and try this process again, moving up another 50mg capsule until you slightly notice the enhancements that you are looking for.

When you notice these changes, dial back your dose slightly and that will be your microdosing sweet spot.

Dosing Manual

Nano-Dose	Below - 50mg	Mild therapeutic & neurological healing
Micro-Dose	50mg - 250mg	Mood & energy boost, concentration, mental stamina
Mini-Dose	25mg - 750mg	Euphoria, altered perception, increased connection
Museum-Dose	750mg - 2000mg	Vivid visuals, pattern distribution, enhanced creativity
Hippy-Dose	2000mg - 3500mg	Synesthesia, warping of time & space
Mega-Dose	3500mg - 5000mg	Hallucinations, out-of-body experiences
Heroic-Dose	5000mg+	Rebirth, ego dissolution, deep insight



Microdosing Protocols

While many people tend to develop their own methods and routines that are individualized to their own lifestyles and needs, there are a few popular regimens that are often followed when microdosing magic mushrooms.

Dr. James Fadiman Protocol

The most recommended and widely used is the Dr. James Fadiman Protocol. Named after the godfather of microdosing himself, this routine consists of microdosing every third day. That means microdosing on day one, skipping days two and three, and then microdosing again on day four. There are two main reasons for this: First, psychedelics can build a tolerance level very quickly. If you are dosing back to back, this tolerance can double and the effects may rapidly diminish. Secondly, the effects and benefits of the initial microdose carry over into the next day or so, making it potentially unnecessary to dose every single day.

The Paul Stamets Stack

The second most popular routine that is often utilized is the Paul Stamets stack. Named after the world's authority on mycology and all things fungi, he suggests taking microdoses back to back for five consecutive days with the addition of lion's mane mushroom and niacin, then taking a two day tolerance break.

It's highly debatable which routine has more efficacy, but there are people claiming both to be extremely effective. It's important to do your own experimenting to find which routine will work best for your lifestyle. For beginners, it's probably best to stick to the tried and true Fadiman Protocol.

NOTE: No matter which protocol you use, it's recommended not to exceed 4 - 8 weeks with your regimen. After the 4 - 8 weeks are complete, take a 2 - 4 week integration period to allow your body to reset and to give your mind, body and soul time to process the changes you've made and the lessons you've learned during your routine.

Microdose Timing

While there isn't any rigid time schedule that you should adhere to when microdosing, many people experience a boost of energy from microdosing and this may interfere with sleep. A good guideline to avoid this is to take your microdose before 10:00 am. On the other hand, some people claim that microdosing actually aids in their sleeping process. Again, this is an individual journey for you to experience whatever benefit you are looking for. We suggest taking note of how the microdose makes you feel, whether it energizes you or helps you relax and to compare your notes with your goals.



What is Microdosing?

In this section we breakdown what microdosing is, microdosing with magic mushrooms and the difference between Microdosing and Macro dosing.



What is Microdosing?

Microdosing is the practice of consuming a very small amount of a psychedelic substance with the intention of improving one's quality of life. Microdosing does not cause classic psychedelic effects such as visual disturbances; instead, microdosers experience more subtle, "sub-perceptual" effects from the practice. Microdosing is a practice that yields best results when it's done over an extended period of time following a dosing scheme, or protocol (more of this below). The exact effects and results of this practice depend greatly on the person, the substance, the dosage and many other personal factors such as their intention, their expectations and mindset.

One of the earliest microdosing studies was conducted by Dr. James Fadiman, who introduced the topic to a wider audience in his 2011 book [The Psychedelic Explorer's Guide](#).

"Over the course of five years, Fadiman collected trip reports from pioneering psychonauts who were already experimenting with microdosing. His research—self-published in January 2016—found that some people were able to successfully treat their drug-resistant depression and anxiety with tiny amounts of psychedelic drugs. Some people also reported work-related benefits, such as increased creativity and productivity." [Source](#)

Substances that have had significant effects as a Microdose have been:

- Psilocybin
- LSD
- Ketamine
- DMT
- Ayahuasca
- MDMA

Natural vs Synthetic

"Psychedelics are drugs that alter cognitive processes and produce hallucinogenic effects. Broadly speaking, there are two categories that psychedelic substances fall into: entheogens, and synthetic drugs. Entheogenic psychedelics are derived from plants, while synthetic psychedelics are created in a laboratory.

"Certain psychedelics work by binding to serotonin receptors in the brain which produces psychoactive effects. Research suggests that when this happens, the structure of the brain changes—such as the number of connections between neurons. This means that psychedelics could have the potential to rewire or repair circuits in the brain, hence their reputation for having healing powers." [Source](#)

Natural Psychedelics: Ayahuasca, DMT, Mescaline (Peyote), Ibogaine and Psilocybin.
Synthetic Psychedelics: LSD, MDMA (ecstasy) and Ketamine.



Microdosing Research

While the bulk of research into psychedelics has been completed on larger doses, more and more studies are being done on microdosing and the potential benefits one can reap from partaking in the practice.

One survey of 278 microdosers found that over 90% of participants reported an increase in mood, 43% reported an increase in focus, and 59% reported reductions in anxiety.



Another survey of 594 microdosers, using tests of emotional states and creativity, found that compared to non-microdosers, microdosers:

- Had fewer dysfunctional attitudes
- Had less negative emotionality
- Had higher wisdom scores
- Were more openminded and creative

A smaller survey of 118 microdosers found that:

- Microdosers are often uncertain about the optimal dosing regimen
- Many strongly endorsed the practice, but others were disappointed by the lack of effect
- Overexcitement or unrealistic expectations about the benefits may be to blame for some people's negative experiences

Several clinical studies into LSD microdosing have shown that LSD microdoses:

- Boost levels of growth chemicals in the brain
- Improve mood, friendliness, and focus
- Sometimes cause anxiety and confusion
- Can reduce the perception of pain
- Affect the perception of time (without us being aware of it!)

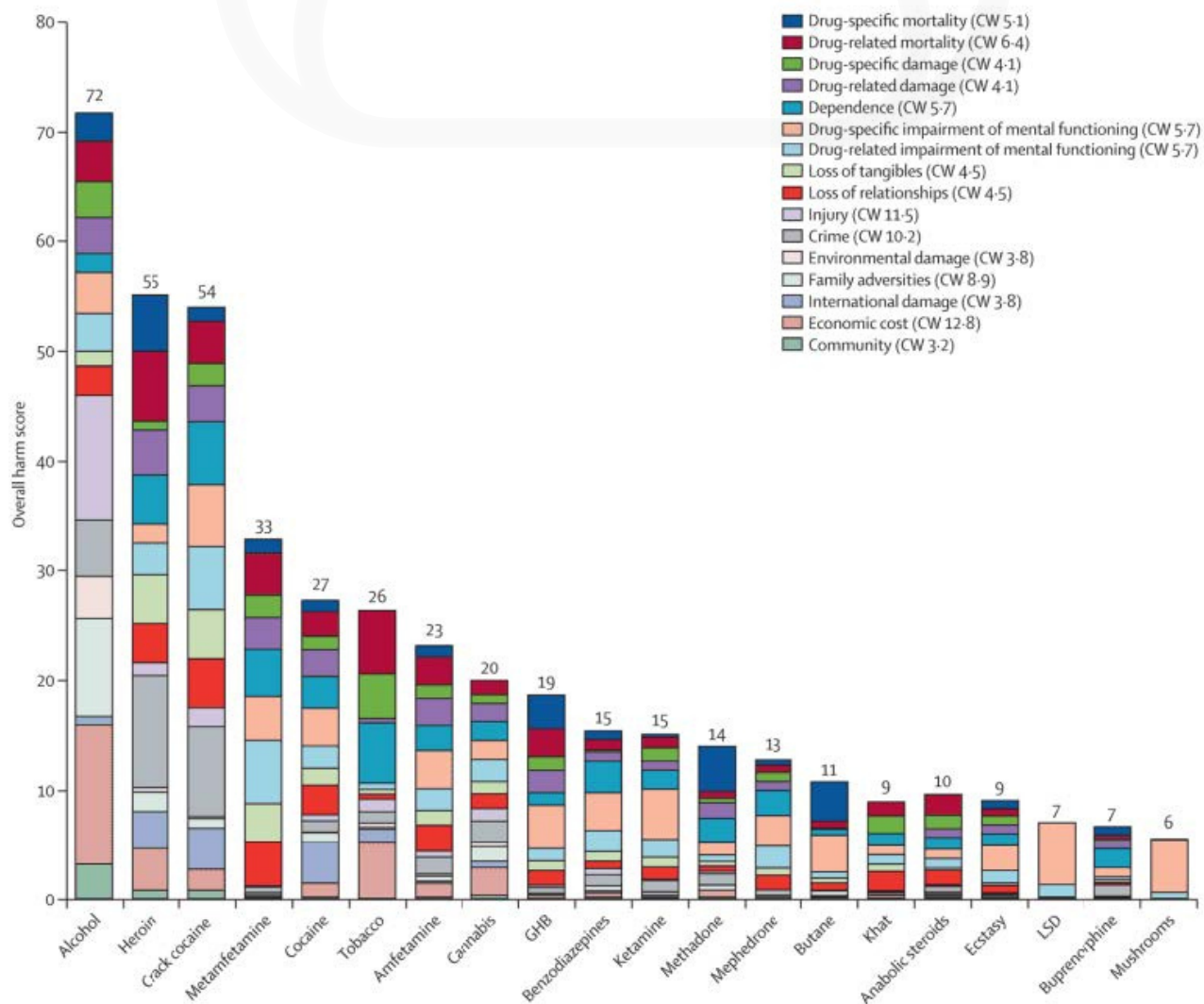
[Source](#)



Safety of Magic Mushrooms

The safest and arguably the most accessible of the psychedelics are magic mushrooms-- which are a favourite amongst microdosers. Containing the active ingredient "psilocybin", they are known to grow all around the world. Used by indigenous cultures of Central America for hundreds of years, they were introduced to western culture in the 50s and 60s by Mazatec healer Maria Sabina. Psilocybin, the main active ingredient, is also one of the world's most researched psychedelics. More and more studies are being conducted on psilocybin, and it is showing very promising results in the treatment of depression, addiction, anxiety, and PTSD.

Furthermore, magic mushrooms are considered one of the world's safest psychoactive substances. A study by David Nutt at Imperial College ranked a number of psychoactive substances in order of safety. Psilocybin mushrooms came out to be the safest, more so than even alcohol or cannabis.





Macro vs Micro Dose

There is a lot of value in having a full-blown psychedelic journey or "Macrodose". Oftentimes these experiences can offer immense healing and transformation, and can really change one's entire life. Humanity has been having these psychedelic experiences for thousands of years and it has been a huge aspect of hundreds of cultures throughout time.

For some people, however, there is still much hesitation when it comes to having a full on psychedelic trip. It can really bring you face to face with your inner demons and suppressed traumas and emotions. For that reason, amongst others, a lot of people are fearful to have these bigger experiences.

Microdosing on the other hand is an effective way to get many of the benefits macrodosing provides without having to commit to a larger journey. Furthermore, a lot of people microdose after their ceremonial dose to integrate the experience back into their day to day lives.

Microdosing can be a safe way to dip your toes into the psychedelic realm and gain many benefits without experiencing the hallucinogenic adventure that psychedelics can take us on. That's not to take away from the merit of taking a larger dose, but it can truly provide a lot of value to our daily lives with little to no risks and expenses to consider in comparison to some of the larger experiences.

Macro Dose

- Color enhancement
- Depth perception distortions
- Objects morphing
- Color shifting
- Light Tracers
- Geometric hallucinations
- Increased music appreciation
- Increased sense of humor and laughter
- Euphoria
- Joy
- Ego death
- Transcendence of time and space
- A sense of the holy, sacred, or divine
- Feelings of unity or interconnectedness
- Macro journey's done every few months
- Can be incredibly intense

Micro Dose

- Increased Energy Levels
- Clearer thinking
- Increased problem-solving ability
- Increased focus
- Increased awareness
- Increased Mood
- Greater emotional connection with people around you
- Being more present
- Increased Productivity
- Can bring a better connection to self
- Change in lifestyle habits
- Increased Creativity
- Mental Health (reductions in depression, anxiety)
- Non-hallucinogenic
- Sub-perceptual, little to no intensity
- Followed on a protocol or regimen



History of Psychedelics

Due to their counterculture connotations and rigid legal status, psychedelics were once considered a highly stigmatized topic.

Over the last decade however, a steady stream of groundbreaking research has proven that these powerful substances have the potential to safely treat a wide range of diseases.



Indigenous Cultures

"Psychedelic substances have been hugely influential in shaping cultures and religions dating back to 4,000 BC. These cultures, particularly in the Americas, learned how to utilize psychoactive plants and mushrooms for medicinal purposes as well as to reach an altered state of consciousness. While the science behind these mind-altering plants is only now beginning to become clear, they have in fact been used in rituals and ceremonies for thousands of years." [Source](#)

Ancestor Shroom Stash

"Terence McKenna is perhaps the best known proponent of psychedelics; he is also the first known explicator of what is best known as the stoned ape theory. The stoned ape theory posits that humans started emerging from our primate ancestors into anatomically modern humans by ingesting large numbers of *psilocybe cubensis* present in migrating herds' dung.

McKenna's stoned ape theory suggests that ingesting these mushrooms created a number of major cognitive effects which yielded significant evolutionary advantages. Among these are a definitive effect on visual acuity which would have given evolutionary advantages to stoned apes through hunting ability (Fischer, Hill, Thatcher, & Scheib, 1970). Thus, stoned apes would have had more success and required less effort to kill game as a direct result of taking mushrooms. Aside from improving hunting ability, heightened visual acuity and edge detection should have given humans slight advantages in finding other hard to spot forms of food and in sighting dangers." [Source](#)

Mushroom Godmother

"María Sabina Magdalena García (22 July 1894 – 22 November 1985) was a Mazatec curandera, shaman and poet who lived in Huautla de Jiménez, a town in the Sierra Mazateca area of the Mexican state of Oaxaca in southern Mexico. Her healing sacred mushroom ceremonies, called veladas, were based on the use of *psilocybin* mushrooms, particularly *Psilocybe caerulea*, a sacred mushroom important to the Mazatecs. María Sabina's veladas contributed to the popularization of indigenous Mexican ritual use of entheogenic mushrooms among westerners, though this was not her intent." [Source](#)

Below: Egyptians enjoying Blue Lotus that causes a "feel good" euphoric effect and was used during religious ceremonies.

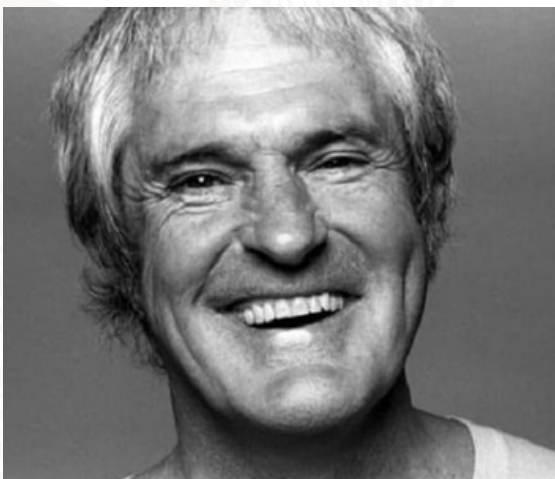




Resurgence of Psychedelics

"The Psychedelic era was the time of social, musical and artistic change influenced by psychedelic drugs, occurring from the mid-1960s to mid-1970s. The era was defined by the proliferation of LSD and its following influence in the development of psychedelic music and psychedelic film in the Western world." [Source](#)

"Hippies promoted the recreational use of hallucinogenic drugs, particularly marijuana and LSD (lysergic acid diethylamide), in so-called head trips, justifying the practice as a way of expanding consciousness." [Source](#)



"In 1966, psychedelic drug advocate and former Harvard professor Timothy Leary appeared on the Merv Griffin Show. "I'm in the unfortunate situation of being about 20 years ahead of my time," Leary said. When asked how many times he'd taken LSD, he answered 311. The audience gasped.

"Leary was fired for experimenting with psychedelics on undergraduates, and before long, LSD was classified as a Schedule I drug, meaning it had "no known medical use." Research on the medical uses of LSD and other psychedelics came to a halt."

[Source](#)

Image (left): [Timothy Leary](#).



The War on Drugs

"In the 1960s, as drugs became symbols of youthful rebellion, social upheaval, and political dissent, the government halted scientific research to evaluate their medical safety and efficacy." In June 1971, President Nixon declared a "war on drugs." He dramatically increased the size and presence of federal drug control agencies, and pushed through measures such as mandatory sentencing and no-knock warrants.

"A top Nixon aide, John Ehrlichman, later admitted: "You want to know what this was really all about. The Nixon campaign in 1968, and the Nixon White House after that, had two enemies: the antiwar left and black people. You understand what I'm saying. We knew we couldn't make it illegal to be either against the war or black, but by getting the public to associate the hippies with marijuana and blacks with heroin, and then criminalizing both heavily, we could disrupt those communities. We could arrest their leaders, raid their homes, break up their meetings, and vilify them night after night on the evening news. Did we know we were lying about the drugs? Of course we did."



"Nixon temporarily placed marijuana in Schedule One, the most restrictive category of drugs, pending review by a commission he appointed led by Republican Pennsylvania Governor Raymond Shafer.

"In 1972, the commission unanimously recommended decriminalizing the possession and distribution of marijuana for personal use. Nixon ignored the report and rejected its recommendations.

"Between 1973 and 1977, however, eleven states decriminalized marijuana possession. In January 1977, President Jimmy Carter was inaugurated on a campaign platform that included marijuana decriminalization. In October 1977, the Senate Judiciary Committee voted to decriminalize possession of up to an ounce of marijuana for personal use.

"Within just a few years, though, the tide had shifted. Proposals to decriminalize marijuana were abandoned as parents became increasingly concerned about high rates of teen marijuana use. Marijuana was ultimately caught up in a broader cultural backlash against the perceived permissiveness of the 1970s." [Source](#)

The Prohibition Era and Racism

"Many currently illegal drugs, such as marijuana, opium, coca, and psychedelics have been used for thousands of years for both medical and spiritual purposes. So why are some drugs legal and other drugs illegal today? It's not based on any scientific assessment of the relative risks of these drugs – but it has everything to do with who is associated with these drugs.

"The first anti-opium laws in the 1870s were directed at Chinese immigrants. The first anti-cocaine laws in the early 1900s were directed at black men in the South. The first anti-marijuana laws, in the Midwest and the Southwest in the 1910s and 20s, were directed at Mexican migrants and Mexican Americans. Today, Latino and especially black communities are still subject to wildly disproportionate drug enforcement and sentencing practices." [Source](#)

Take a Quick Look at Cannabis

Cannabis used to be seen in an incredibly dark and misinformed light however after much research, it has now been legalized in many countries around the world due to the evidence of it's safety and health benefits. Psilocybin mushrooms are currently on the same trajectory with many places moving towards decriminalization.



Psychedelic Renaissance

"Since the early 1990s, there has been a steady revival of human psychedelic research: last year saw reports on the first modern brain imaging study with LSD and three separate clinical trials of psilocybin for depressive symptoms. In this circumspective piece, RLC-H and GMG share their opinions on the promises and pitfalls of renewed psychedelic research, with a focus on the development of psilocybin as a treatment for depression." [Source](#)

"Psychedelics, used responsibly and with proper caution, would be for psychiatry what the microscope is for biology and medicine or the telescope is for astronomy."

—Stanislav Grof [Source](#)

"After decades of being labeled as illegal narcotics, the industry reinvented itself as a viable solution for treating hard-to-treat illnesses in a safe and controlled way. This unprecedented comeback has sparked a global medicinal psychedelics movement, with the U.S. leading the way in decriminalizing these powerful drugs.

"With study after study proving the many benefits of utilizing psychedelic substances for a range of both mental and physical conditions, huge progress in legitimizing this once stigmatized industry is now being made." [Source](#)

"Psychedelics' newfound momentum looks set to continue well into 2021 and beyond, with the first major milestones hinting at what the next decade could hold for the industry.

"The next chapter in the psychedelics story will center around biotechnology, new drug discoveries, and the many unknown applications of each of these substances.

"Currently, the application of therapeutic psychedelics has mainly been targeted toward mental health conditions such as depression and anxiety. However, we have only scratched the surface when it comes to the myriad of ways we could harness the power of these sacred plants." [Source](#)





Psychedelic Timeline

Year	Milestone	Region
60,000 BC	Researchers have found that the “ <u>pituri</u> ” as it’s called by the Aboriginies, has been used by tribal elders in Australian aboriginal populations to create altered states of consciousness for generations. Source	Australia
26,000 BC	The <u>San People</u> are a tribe in the Southern African Kalahari desert use Iboga, Kwashi, and GWA Root were used for celebrations, community building and strengthening deep rooted and meaningful relationships with their community and their environment. (And are still used to present day) Source	Africa
4000 BC	First cave paintings of psilocybin.	Europe, North Africa
3780 - 3660 BC	Evidence of ceremonial use of peyote by indigenous cultures.	North and South America
3300 - 1300 BC	In the Ancient Indus Valley Civilization part of the culture involved a popular drink called <u>Soma</u> . Soma is <u>described</u> a potent psychedelic, used in religious ceremonies and described as increasing awareness, experiencing visionary mystical experiences, and helping those who took it to feel strong sensations of bliss, light, poetic inspiration, and immortality. Source	India
3150 - 332 BC	Egypt was the cultures vast knowledge and use of plant medicines including psychedelics like Blue Lotus, White Lotus, Psilocybin Mushrooms and Cannabis. Source	Egypt
2000 - 1046 BC	Cannabis was a multipurpose plant to the ancient Chinese over <u>4,000</u> years ago. It wasn’t until recently that researchers found ancient braziers in tombs that burned high levels of THC. This recent discovery dates back to around <u>500 B.C.</u> Source	China
2000 BC - 1500 AD	<u>Data</u> shows that Mayan cultures used psychedelic substances in therapeutic and religious rituals to communicate with divine powers. Including Peyote, Psychedelic Mushrooms, Toad Bufo and White Water Lily. Source	Central America
750 - 146 BC	The origins of kykeon come from the Eleusinian Mysteries, which were some of the most sacred “rites of passage” in Ancient Greek Culture. Source	Greece
300 - 1532 AD	Incas used a psychedelic drink known as <u>Ayahuasca</u> in ceremonies for spiritual awakening or a positive rebirth. Source	South America
1300 - 1521 AD	Evidence of the Aztecs consuming mushrooms which they referred to as the “flesh of the Gods”.	Central America



Psychedelic Timeline

Year	Milestone	Region
1897	Arthur Heffter isolates mescaline from the peyote cactus for the first time.	Germany
1901	Jean Dybowski and Edouard Landrin isolate ibogaine.	France
1912	Anton Kollisch created MDMA as a by-product while trying to synthesize another substance.	Germany
1938	Albert Hofmann synthesizes LSD.	Switzerland
1943	LSD's psychoactive effects discovered by Albert Hofmann (16th and 19th April). Hofmann, 1980	US
1947	Werner Stoll publishes first paper on psychological effects of LSD in humans. Stoll, 1947	Switzerland
1950	First English language publication on LSD. Busch and Johnson, 1950	US
1953	ACNP Founding president Joel Elkes (President in 1961) publishes on LSD after openly self-experimenting with it. Bradley et al, 1953 ; Roberts, 2008	UK; US
1954	Aldous Huxley's 'The Doors of Perception' published: documents mescaline self-experiment Huxley, 1954	UK
1956	Term 'psychedelic' coined by Humphrey Osmond in communication with Aldous Huxley. Huxley, 1980	UK
1957	Term 'magic mushrooms' coined by LIFE magazine. Wasson, 1957	US
1958	Identification of psilocybin in magic mushrooms by Albert Hofmann. Hofmann et al, 1958	Switzerland
1958	Albert Hofmann discovers psilocybin.	Switzerland
1959	Closed conference held in Princeton on 'the use of LSD in psychotherapy', Jonathan Cole attends, an early ACNP president. Abramson, 1959	US
1960	First major European conference on psychedelics; Sidney Cohen publishes positive meta-analysis on LSD safety. Passie, 1996; Cohen, 1960	US; Germany
1961	Jonathan Cole (ACNP president 1965-66) expresses 'very mixed feelings on psychedelic research' as critical commentaries emerge. Mangini, 1998	US



Psychedelic Timeline

Year	Milestone	Region
1962	The Marsh Chapel or 'Good Friday' experiment conducted at Harvard under Timothy Leary's supervision but without institutional approval. Pahnke, 1966 ; Mangini, 1998	US
1962	Calvin Stevens synthesizes ketamine.	US
1963	Leary dismissed from Harvard; Aldous Huxley and JFK die (both on 22nd November). Stevens, 1987	US
1964	Cole takes 'sober look' at psychedelics in JAMA; discussions on LSD take center stage at 1964 APA meeting; Ken Kesey travels across US taking LSD with 'Merry Pranksters'. Mangini, 1998 ; Cole and Katz, 1964 ; Stevens, 1987 ; Wolfe, 1968	US
1965	Sandoz stop manufacture of LSD and psilocybin. Stevens, 1987	US
1966	Prohibition of psychedelics and curtailment of research begins in US; Senator Robert Kennedy formally questions this move. Stevens, 1987; Lee and Shlain, 1992	US
1966	California criminalizes the possession, sale, and manufacture of LSD.	US
1967	Timothy Leary declares 'turn on, tune in and drop out' at festival in Golden Gate Park. Stevens, 1987	US
1968	Staggers-Dodd bill passes, making possession of psilocybin and other psychedelic substances illegal.	US
1970	President Nixon signs Controlled Substances Act, LSD and psilocybin made Schedule 1 Stevens, 1987; Lee and Shlain, 1992	US
1971	The UN publishes the Convention on Psychotropic Substances stating that psychedelics including LSD, DMT, and MDMA are now controlled substances.	Global
1971	The U.S. Controlled Substances Act comes into effect, moving most major psychedelic drugs to Schedule I status.	US
1971	UK passes Misuse of Drugs Act 1971, placing controls on most known psychedelics.	UK
2006	STUDY - Moreno et al Condition: Obsessive compulsive disorder Substance: Psilocybin: single-arm, within subjects, variable doses. Up to four doses of psilocybin Result: All patients showed improvements within 24 h of a treatment but no effect of dose	US
2011	STUDY - Grob et al Condition: Anxiety and depression in end-stage cancer Substance: Psilocybin: DB-RCT, crossover, inert placebo. Single dose of psilocybin Result: Significant reductions in trait anxiety at 3 months and depression at 6 months	US



Psychedelic Timeline

Year	Milestone	Region
2014	STUDY - Johnson et al Condition: Long-term chronic tobacco smoking Substance: Psilocybin: open-label. Up to three doses of psilocybin after four CBT sessions Result: 80% of sample abstinent at 6 month follow-up	US
2014	STUDY - Gasser et al Condition: Anxiety related to life-threatening disease Substance: LSD: DB-RCT, crossover, very low dose (VLD) LSD=control Result: Single dose of LSD Significant decreases in state and trait anxiety vs VLD at 2 months and sustained for 12 months	Switzerland
2015	STUDY - Bogenschutz et al Condition: Alcohol dependence Substance: Psilocybin: open-label. Up to two doses after seven motivational therapy sessions Result: Significant decrease in drinking behaviors for up to 9 months	US
2015, 2016	STUDY - Osorio Fde et al (2015) & Sanches et al (2016) Condition: Major depressive disorder (MDD) Substance: Ayahuasca: open-label. Single dose of ayahuasca Result: Significant decreases in depressive symptoms for up to 21 days	Brazil
2016	STUDY - Carhart-Harris et al (2016a, b) Condition: Treatment-resistant MDD Substance: Psilocybin: open-label. Two doses of psilocybin. Result: Significant decreases in depressive symptoms for up to 6 months	UK
2016	STUDY - Ross et al Condition: Anxiety and depression related to life-threatening cancer Substance: Psilocybin: DB-RCT, crossover, niacin=active placebo. Single dose of psilocybin. Result: Significant decreases in anxiety and depression vs niacin at 7 weeks (pre crossover) and sustained for 6.5 months	US
2016	STUDY - Griffiths et al Condition: Anxiety and depression related to life-threatening cancer Substance: Psilocybin: DB-RCT, crossover, VLD psilocybin=control. Single dose of psilocybin. Result: Significant decreases in anxiety and depression vs VLD at 5 weeks (pre crossover). Effects sustained for 6 months	US
2017 (Aug)	The FDA grants MDMA-assisted psychotherapy Breakthrough Therapy Status	US
2018 (Aug)	COMPASS Pathways receives Breakthrough Therapy Status from the FDA for a psilocybin synthetic derivative	US



Psychedelic Timeline

Year	Milestone	Region
2019 (March)	Esketamine is approved in the form of Spravato by the FDA, followed by European Commission approval	Global
2019 (June)	Denver, Colorado and Oakland, California vote to decriminalize psilocybin mushrooms	US
2019 (Nov)	The world's first microdosing study using LSD is approved in Auckland	New Zealand
2019 (Nov)	Usona Institute receives Breakthrough Therapy Status for psilocybin treatment for Major Depression Disorder (MDD)	US
2020 (Feb)	Santa Cruz, California votes to decriminalize psychedelic substances including psilocybin, ayahuasca, and peyote.	US
2020 (March)	MindMed becomes the first publicly traded psychedelics company	US
2020 (July)	More than 45 companies claim to be engaged in the development and evaluation of therapeutic candidates from psychedelic substances	Global
2020 (Nov)	Oregon legalizes psilocybin and decriminalizes all drugs	US
2020 (Nov)	Washington, DC decriminalizes entheogenic psychedelics	US
2020 (Nov)	New research suggests DMT can stimulate the production of new brain cells	Spain
2020 (Dec)	MAPS completes first successful Phase III trial of MDMA-assisted psychotherapy	US
2020 (Dec)	Analysts announce that psychedelics could become a \$100 billion market	US
2021 (Jan)	In Hawaii, a Senate bill put forward in January could legalize psilocybin and psilocin, otherwise known as magic mushrooms	US
2021 (Feb)	With California now introducing new legislation to decriminalize most psychedelic substances, we could see a sea-change of decriminalization across the world	US
2021 (March)	Over 285 active, soon to be active, and completed psychedelics trials are recorded around the world.	Global

Abbreviations: ACNP, American College of Neuropsychopharmacology; JAMA, Journal of the American Medical Association; NIMH, National Institute of Mental Health.

Abbreviations: DB-RCT, double-blind randomized controlled trial; VLD, very low dose; MDD, major depressive disorder; TRD, treatment-resistant depression.

[Source](#) | [Source](#) | [Source](#)



Impacts of Microdosing

Microdosing has the potential to improve the lives of those with depression, anxiety, PTSD etc. without the need for pharmaceuticals. Allowing us to consume a medication that is natural and instead of acting as a "bandaid" for symptoms, microdosing can help get to the root of the issues and allow us to heal, grow and optimize.



Potential Benefits

- Reduced depression
- Enhanced spiritual practice
- Reduced anxiety
- Less addiction cravings
- Improved cognitive function
- Increased creativity
- Increased empathy & compassion
- Higher levels of self-love
- Better problem solving skills
- Deeper connection to spirituality
- Better outlook on life
- Increased mindfulness and ability to be present
- Helps relieve cluster headaches
- Can improve efficacy of other modalities and therapies
- Improved concentration and focus
- Improved concentration and focus
- Increased productivity
- increased overall awareness
- Balanced mood
- Less procrastination
- Increased energy levels
- Improved sleep
- Deeper connection with your body
- Smoking cessation support and potential to support other addictions
- Decrease in pain levels
- Increased emotional awareness
- Increased emotional connection with others
- Increased openness
- Increased gratitude

Potential Risks

While magic mushrooms are some of the safest substances on our planet, there are a few cautions, risks, and contraindications associated with them. These risks are greatly minimized with microdosing but it's important to be aware of these risks before embarking on a microdosing journey with psilocybin:

- Psilocybin may interact with with a select few SSRIs and depression medications
- May interact with MAOIs – consult a medical professional if you're uncertain whether your medications interact with psilocybin or not
- Amplifying effect – psilocybin can sometimes amplify underlying issues such as severe anxiety or paranoia.
(Note: sometimes there is an adjustment period of 1-2 weeks so give ample time to adapt to the regimen)
- Should not be used during pregnancy or breastfeeding (due to lack of scientific research-- they do not know the effects on newborns)
- Anyone with serious mental disorders such as schizophrenia, bipolar, severe anxiety, and psychosis should approach psilocybin and psychedelics with caution.
 - Increased emotional instability in those experiencing intense emotional distress such as grief
 - Mild stomach upset and nausea may occur when ingesting psilocybin
 - Difficulties sleeping if taken too late in the day
 - Psilocybin may cause headaches in some people
 - Not recommended for people under the age of 18



Balancing Benefits & Risk

Microdosing can be an incredible addition to your daily routine however we strongly recommend when thinking about adding a microdosing protocol into your life, you take into consideration the following:

- assessing the benefits and risks
- your physical health
- your mental health
- your lifestyle
- your work life
- any medications you may be taking
- consulting with your doctor before introducing mushrooms (both psychedelic and functional) into your daily life

We are always available to answer any questions you may have via our [Instagram](#).

DISCLAIMER: THIS GUIDE DOES NOT PROVIDE MEDICAL ADVICE

No material in this guide is intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read in this guide.

Part 1 of 3

Success Stories

Benefits our community has experienced:

"Synergy, synergy, synergy...wow, what a blend. The first time I took it it unraveled my nervous system so deeply that the next day it actually helped surface some suppressed childhood memories that were essential to my inner healing! If that isn't hyperfocus of my mind I don't know what is! Thanks Synergy for bringing synergy into my life." - Pam, [Synergy Blend](#)

"This blend is doubled stacked! On days I need to tap into my creativity and create it is perfect for it. Also on days when that "time" comes. There are certain days I feel extra down in my thoughts and feelings. I took one of these and my day just seemed way lighter. I wasn't snappy or extra sad just felt like me." - Anisa, [Voyage Blend](#)

"My first time experiencing mushrooms and it was excellent. My friends took me on an adventure - we hiked in, it hit, and by the time we walked out the "voyage" had wrapped up. A wonderful experience - personally I was a bit more chatty and philosophical. My sandwich looked out of this world. The people I was with looked like they were out of this stunning painting. Nature and the small things were so much more appreciated and noticeable. Would definitely do again! Enjoy your journey." - Mark, [Voyage Blend](#)

"The Inspire came to me in an SOS moment with my trauma triggered anxiety last week. I had tried all my other tools and was struggling to get back to baseline. I decided to try the inspire on a non-work day while I was with my kiddos. I felt my anxiety lighten soooo much. I was able to tap into my heart space which had been so difficult to access for the previous week. I felt light, lovely, and able to really tap into play with my daughters. The dosage felt warm and comforting. I still felt completely in control and actually had an easier time thinking more clearly than when my anxiety was high leading up to this dose. My new favorite for sure!" - Brandi B. [Inspire Blend](#)



Success Stories

Part 2 of 3

Benefits our community has experienced:

"Before I discovered mindfulMEDS, I was in a really dark place and I had completely lost myself. I was abusing drugs and alcohol, and I felt completely lost and alone. I started microdosing in September 2021 and I can't thank mindfulMEDS enough for providing such an incredible product that has allowed me to shift and change into who I am today. I've never felt more myself, I have unblocked my spiritual gifts, have deep awareness, elevated mood and I feel like I'm heading in the direction of truly fulfilling my souls purpose, in which I feel like plant medicine is a part of as I am so passionate about what psilocybin has to teach us as I have witnessed first hand it's beautiful teachings and what it has done for me." - Leah L, [VIP Bundle](#)



"I had been using plant medicine for 20+ years but was never aware of their true healing powers. After much research and experimenting I had finally found psilocybin to be something that worked to help me heal. The problem was quality control. That's why I was excited to join the MindfulMeds team. MindfulMeds is my choice for micro-dosing because it makes the process easy, and fast. With an amazing team of mycologists, I can trust to always get the highest quality products available." - [Mike Brodeur](#)

"Helped with my crippling anxiety more in the first week then anxiety meds I've been on for an entire year. Highly recommend this product!" - Jenny, [Micro Blend](#)

"I've been searching for something to truly help me combat my anxiety, ptsd and grief with out a prescription tossed at me. I'm a huge believer in allowing myself to feel emotions but I needed a boost to not get stuck in that emotion. I'm a total newbie with this world but what I can tell you the few short weeks I've been on Micro- I'm happier, I'm glowing, I'm realizing my personal strengths and it's lifted the veil to show me my areas where I need to focus. I'm so beyond excited to continue on this journey. I know this is just the beginning of great healing and getting myself back. Thank you for doing what you guys do. Changing lives here !!" - Sasha T., [Micro Blend](#)

"I was recently diagnosed with anxiety and depression, which is often connected to chronic illness. I explored all options to improve my mental health and came across Mindful Meds website. Growing up on the Coast, I know a lot of people who use natural plant medicines and many have recommended micro-dosing but I never felt a feeling of trust until I came across MindfulMeds. I appreciated how easy it was to navigate their website and find a proper dose for myself – they have someone who is available to chat and answer all of your questions – which really helped me feel comfortable with my decision to microdose. I feel incredibly thankful to be a part of a community that encourages plant medicines for healing and overall mental, physical and spiritual well being." - [Laura Olson](#)



"I was pleasantly surprised by this product. I found that my heavy seriousness lifted and I was laughing again. At no time did I feel anything other than lighter and happier. My chronically Eeyore husband decided to try one and it was crazy to see his mood lighten up too. He took the rest to work with him and gave me , \$\$ for a new bottle. The biggest difference was I felt a lift in my cptsd and felt like I was "in today" instead of reliving the past." - Sherry, [Modern Blend](#)

"I have been taking modern now for almost 2 months. I have been on anxiety/mood stabilizer medication and have come off them while using this and it has helped me in no way that a prescription medication can. I will definitely be continuing with this one!" - Kara, [Modern Blend](#)



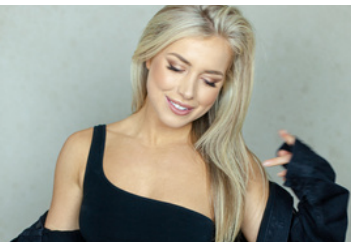
Part 3 of 3

Success Stories

Benefits our community has experienced:

"I can honestly say I think these products have changed my life in a way I'll forever be grateful for. Who knew something (psilocybin) I've been so scared of for so long could have had such a profound effect of every aspect of my life and only for the better. I went into it with an open mind and heart and at first didn't think I was seeing any benefits but I kept with it and I am so glad I did. By week three I had people around me who had no idea I had been microdosing acknowledging the fact that I seemed happier and they'd never seen me smile as much as I have been. I suffer with BPD and for the first time in my life I know without a doubt that I'm going to be ok and I don't think I ever would have got here without this experience."

- Chelsea L., [Connect Blend](#)



"If there's anything the last 5 years working with others on their physical wellbeing has taught me – it's that physical fitness means nothing if mental and emotional wellbeing is not taken care of. I chose MindfulMeds because I saw a gap in the health and fitness space for a more holistic means of support. I have had a phenomenal experience integrating MindfulMeds into my lifestyle and am excited to be sharing them with others to hopefully support them in their personal journeys through Holistic healing as well" - [Alia Dunnill](#)

"My wife encouraged me to give Perform a try. Not something I would have ever searched out myself but having experienced this product I'm absolutely a believer in the power of micro-dosing. After just one month what I have experienced is... Complete mental confidence, Better memory, More control over negative emotion, and better retention of knowledge. I've just recently become certified as a personal trainer. While getting ready for my exam I was taking mock exams and consistently getting around 75% After a few days on Perform my test scores quickly went to the 90+% range. I just seemed to be able to recall the info easier. Perform is the real deal for anyone who wants to be at their best...especially if teamed up with Cordyceps for the additional athletic boost. Stacked combination of Perform and Cordyceps is powerful for the mind and body" - Brian, [Perform Blend](#)

"Over the last 4-5 years, I have been focused on improving and taking charge of my own mental health. I've suffered quietly from depression for most of my life and was growing frustrated with my experiences with traditional antidepressants. I discovered MindfulMeds about 1 year after I had been experimenting with microdosing (after safely coming off antidepressants). I was having great difficulty finding reliable products that truly suited my needs, while still being affordable and high quality. The founders are in this industry for all the right reasons and care deeply about the well being of others. We share a lot of the same values and experiences surrounding mental health, wellness, and addiction recovery. I'm deeply grateful for this opportunity to work with such a truly passionate group of individuals."

- [Carissa Gem](#)



"I have tried a few of the different Mindful Meds blends and this is the one I have settled on as my favourite day-to-day microdose (although they all are great!). I feel much more motivated and energetic yet calm and I'm to able to connect with and enjoy time my young children more, which is HUGE for me." - Katie, [Connect Blend](#)

"This blend is perfect! I've been microdosing on and off with these , and I feel immense focus , and energy ! I feel like I have energy to work out after work , and complete tasks in the evening. I've always struggled with ADHD and I find my symptoms are far more manageable than ever before . I'm super happy and recommend these to everyone I know." - Sarah M., [Perform Blend](#)



Steps to Microdosing

Beginning the journey of Microdosing is one that can seem daunting to many people. From understanding the benefits, the potential side effects, to knowing the science, history and how it can work with your own body is a lot to work through. The previous chapters allowed you to see the science, history and potential benefits and risks. In this section we will go over the steps to create your own Microdosing journey and to help you set yourself up for success from start to finish.

PART ONE: GETTING STARTED

PART TWO: THE FIRST DAY

PART THREE: READY, SET, MICRODOSE

PART FOUR: ENHANCE YOUR EXPERIENCE



Part One

Getting Started

Before jumping into your Microdosing Journey we suggest setting yourself up for success by understanding your goals, choosing your Microdosing method, dosage and protocol.



1 Becoming Self Aware

Beginning your own Microdosing journey starts with you becoming aware of the areas that you would like to make some improvements. This means becoming very aware of what is going on in your body, mind and soul. It is important to set a baseline for yourself, to know if your Microdosing Journey is benefitting you and where you may need to make some adjustments.

Body

Sit with yourself and take notice of how your body feels-- tense? Or relaxed? In pain? Or painless. What parts of your body do you feel the most connected to? The most disconnected? Explore and take note of everything in your physical body.

Mind

What are you feeling throughout your day? What emotions are common for you to experience? How often do you feel joy? Do you suffer from anxiety, depression or overthinking? Explore your mind and write out how you are currently feeling in your mental and emotional capacities.

Soul

Do you feel connected to a higher purpose? To nature? To people around you? Do you feel supported in your own beliefs, whatever they may happen to be? Or do you feel a sense of disconnect? Again, write out how you are currently feeling.

Note: We suggest writing these explorations down in a journal that you will use throughout your Microdosing Journey. Taking note of these areas will allow you to set GOALS in the next section so you have a strong way to monitor your progress.



2 Set your Goals

Once you have written your list for SELF AWARENESS, you are able to gain clarity over some of the outcomes that you would like to have with your Microdosing journey. Below is a selection of potential options to focus on. We suggest focusing on 1-3 to set a focused intention for your first round of Microdosing.

Productivity + Focus
Relieve daily chronic anxiety + depression
Mood Boost
Energy + Endurance
Motivation, Power + Drive
Introspection, Self Understanding + Self Awareness
Relief from high anxiety + depression* (with intentional practice)
Feeling of space + observation
Creativity

Connection to self and others
Love, Desire + Sensuality
Communication + Understanding
Euphoria
Enlightenment
Connection to higher self
Connection to nature

... or create your own.

3 Choose your Method



Capsules

Mushrooms are ground, blended and measured to provide consistent dosing throughout your entire Microdosing Protocol using all parts of the psilocybin mushroom. Capsules can also be blended with other supplements to provide an enhanced experience.



Whole Mushrooms

If you want, you can weigh your own whole mushrooms using a very sensitive scale. You can see what part of the mushroom you are using but you do not know the potency of the mushroom and the dosage of psilocybin in the mushroom itself which could lead to inconsistencies.



Other Products

Tinctures, Teas, Gummies and Chocolate. These products can have inconsistent dosages based on how production chose to make these products.

For beginners we recommend capsules as there are less potential for inconsistent doses from one serving to the next, something most users worry about when beginning their Microdosing Journey.



4 Choose your Dose

Dosages range from 0.05g (50mg) to 0.35g (350mg) on our product line and are paired with a range of nootropics and adaptogens to specifically enhance the experience based on your goals.

In general, most studies recommend a starting dose of 50 - 100 mg (dependent on tolerance levels, metabolism, body size/weight, energy levels and sensitivity.) Each person is unique and how psilocybin reacts within your own personal biology may be different.

If you are unsure we recommend starting lower as you can always increase your dosage by taking multiple servings of the product of your choice.

							
	Micro	Perform	Connect	Modern	Synergy	Inspire	Voyage
Dose	50mg	50mg	75mg	100mg	150mg	250mg	350mg
Experience Level	Beginner	Beginner	Beginner	Beginner - Intermediate	Intermediate	Advanced	Advanced
Tolerance Level	Low	Low	Low	Low	Medium	High	Highest
How you will feel...	Calm Clarity Relief Ease	Focus Energy Drive Power	Passionate Connection Confidence Alignment	Growth Clarity Productivity Flow	Aware Grounded Deliberate Versatile	Creativity Bliss Depth Compassion	Exploration Presence Gratitude Euphoria
Perfect for...	... subtly being introduced to microdosing.	... those looking to enhance athletic and mental performance.	... creating a deeper connection with yourself and your loved ones.	... a mid-range option for memory and cognitive function.	... finding the intersection between hyperfocus and quiet process.	... higher levels of problem solving and creativity.	... seeking enlightenment and connection with higher self and nature.
							



5 Choose your Protocol

After knowing why you want to microdose, what dosage you want to start with and the product you are going to use-- the next step is understanding which protocol works best for you. At MindfulMEDS we suggest setting up a routine schedule to create consistency and awareness.

The Options:

Dr. James Fadiman Protocol

The most recommended and widely used is the Dr. James Fadiman Protocol. Named after the godfather of microdosing himself, this routine consists of microdosing every third day.

DAY 1	DAY 2	DAY 3	Repeat
Microdose	Free Day (No microdose)	Free Day (No microdose)	

Do this Protocol for 4 - 8 weeks then take a break for 2 - 4 weeks to reset tolerance levels and properly integrate the learning.

Mycologist Paul Stamets Stack

Named after the world's authority on mycology and all things fungi, he suggests taking microdoses back to back for five consecutive days with the addition of lion's mane mushroom and niacin, then taking a two day tolerance break. Then after 4-8 consecutive weeks they recommend a 2-4 week tolerance reset.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	Repeat
Microdose	Microdose	Microdose	Microdose	Microdose	Free Day (No microdose)	Free Day (No microdose)	

Time of Day

Choosing your daily dosing time completely depends on your schedule and goals. We suggest taking your microdose 45-60 minutes before your main goal (whether that be for productivity at work, creative problem solving, artistic pursuits, exercise or expansive self development.)

Time of day is very personal, when starting out we suggest keeping a journal on your dosing time to see how quickly you begin to notice the subtle effects, then you can adjust your time to hit that perfect sweet spot.

Some people have chosen to try microdosing to help with sleep, if this is your goal we suggest exploring what time in the evening provides you with the relaxation benefits needed for sleep.

QUICK TIP: We suggest taking your microdose 15 min before breakfast and if your tolerance is low, we suggest on a full stomach (or 15 minutes after).



Tools for Success

Get a journal

By keeping a journal you provide yourself with valuable data and material to reflect upon as you progress and begin to achieve results. Without one, you're left wondering if changes are happening without having anything really tangible to go on. A journal will be a valuable detailed report of the entire experience and can act as a great way to release emotions that may arise during the microdosing journey. After you've completed your first microdosing protocol, use your journal during the integration period to revisit the experience and notice how you've progressed along the way and note possible methods to implement in the future to increase desirable results.

Creating a calendar & alarms

We suggest printing out a calendar to plan out your dosing schedule and to write out the time of day, dose and date that you took it. This provides the ability to remain consistent and we suggest putting this calendar somewhere you will see daily to prompt you for your routine. (Some places we suggest: On your mirror in the bathroom, on the wall beside your bed, on the fridge or even as your lock screen on your phone!)

Example: One user chose to take the Dr James Fadiman Protocol and to take their dose at 7am with breakfast to allow them time to get to University for their first lecture at 8am.

SUN	MON	TUE	WED	THU	FRI	SAT
Microdose 7am			Microdose 7am			Microdose 7am
		Microdose 7am			Microdose 7am	
	Microdose 7am			Microdose 7am		
Microdose 7am			Microdose 7am			Microdose 7am

SUN	MON	TUE	WED	THU	FRI	SAT
	Microdose 9 am	Microdose 9 am	Microdose 9 am	Microdose 9 am	Microdose 9 am	
	Microdose 9 am	Microdose 9 am	Microdose 9 am	Microdose 9 am	Microdose 9 am	
	Microdose 9 am	Microdose 9 am	Microdose 9 am	Microdose 9 am	Microdose 9 am	
	Microdose 9 am	Microdose 9 am	Microdose 9 am	Microdose 9 am	Microdose 9 am	

Example: One user chose to take the Paul Stamets Stack once they got to work to prepare for the intense workflow that usually began at 10am.



Part Two

The First Day

Once you choose the Microdosing product and have set yourself up with a journal and any other tool that you would like to use it is time to see how your body, mind and soul react to psilocybin.



Your First Microdose

The first Microdosing day is something we suggest to truly set aside time for. Microdosing can be so different for everyone that setting aside a whole day to really become AWARE of your experience will set you up for success in your Microdosing journey.

HOW TO DO DAY ONE:

Don't make any plans. Seriously. Do all your errands the day before, book off your calendar, don't make any plans or try anything new. We suggest this so you can see how you feel in a safe and stable environment to allow you to really see what the microdose feels like for you at the given dose you chose to start at.

Write out a "before" journal entry (prompts below). This allows you to know how you feel before microdosing. Sometimes the effects are so subtle it can be hard to recognize it at the beginning. The more aware you are of your habits, moods and behaviours the more subtle changes you will pick up on.

Experience the day. Don't overthink it, relax and enjoy. Settle into the book you have been wanting to read, get creative, journal, meditate, go for a walk. Use this day to truly focus on you because you deserve it.

Write out an "after" journal entry (prompts below). This truly allows you to take notice of the effects, what you experienced and what you learned about yourself and about psilocybin.

Note: "Day One" can happen multiple times. Trying out different dosage levels, time of dosage, full or empty stomach, activity, product, etc. The whole point is to find the right set up for you to allow you to get the benefits that you are looking for.

Journal Prompts

BEFORE MICRODOSE

1. What time am I taking this Microdose?
2. What dosage?
3. On a full or empty stomach? What did I eat/drink before?
4. What are my intentions going into this Microdose?
5. Do I have a goal or desired outcome?
6. What tasks do I want to do during this Microdose?
7. How am I feeling physically? Out of 10?
8. How am I feeling Mentally? Out of 10?
9. What emotions am I currently feeling?
10. How am I feeling Spiritually? Out of 10?
11. What piece of advice would I like to remind myself of while going through this Microdosing experience?
12. What do I need to set up before I begin my Microdose? (example: tasklist, art supplies laid out, put on the play list etc)

AFTER MICRODOSE

1. How long did it take for me to notice the Microdose?
2. What did I notice?
3. How was my mindset throughout the microdose?
4. Was I able to remain focused on the goal or desired outcome?
5. Was I able to accomplish the tasks I wanted to do?
6. How am I feeling physically? Out of 10?
7. How am I feeling Mentally? Out of 10?
8. What emotions am I currently feeling?
9. How am I feeling Spiritually? Out of 10?
10. What did I learn about myself?
11. What could I improve on for next time?



Part Three Ready, Set, Microdose

Once you have chosen your dosage, protocol, time of day and experienced your first day it is time to put it all into action.



Importance of Intention

Intention is the single most important aspect of the microdosing experience. Consider it the fuel to the fire of the entire journey ahead. By setting clear intentions from the beginning of your journey and tending to it throughout, you will greatly increase the results you desire.

A great way to solidify your intention is by writing them down and keeping them nearby for reflection as you progress through the microdosing experience. When setting your intention, it's important to have realistic expectations, or perhaps have none at all. You will be surprised at how quickly your life can change after setting powerful intentions.

Keep in mind that sometimes the improvements achieved with microdosing can be subtle at first and will compound over time and can result in immense transformation. Go into the experience with an open-mind and keep a record of your progress so that you may note how you've changed and if there are any improvements.

Create a Container

Your surroundings, routines, habits, network, and value systems all contribute to the container in which you operate. In this sense, a container is the setting in which you choose to do your microdosing work. It's important to create positive container in which to begin your microdosing journey and there's a few guidelines that may be helpful in doing this:

- Eliminate distractions (watch less TV, play fewer video games, etc)
- Join a Microdosing community (Join the Mindful Community over at Instagram [here](#).)
- Surround yourself with positive and supportive people (remember: you are the average of the five people you spend the most time with)
- Eliminate negativity, this includes people, places and things!
- Focus on positive habits
- Develop a spiritual practice (meditation, yoga, etc)
- Create a sacred space to do your meditations and reflections
- Implement a self-care regimen
- Devote daily time for reflection
- Spend more time in nature
- Consult a coach
- Sleep
- Water Intake
- Exercise or some form of movement

Microdose Time

Take your Microdose.



Integration

Another huge aspect of microdosing is integration. Integration is the time you take for yourself to soak up any lessons, insights, and changes and to allow your body to hit the reset button. It's about really taking the positive changes you've created and implementing them on a deeper level.

There are many ways to structure an effective integration period. Some people like to speak with an integration specialist such as a coach or therapist, while others like to take an introspective vacay away from their normal day to day activities and work out any of the old emotions and patterns that you may have noticed during the microdosing experience.

Journaling, for example, is a great way to integrate and can become useful again and again for future integration periods. Reading old entries and reflecting on how far you've come, can really help solidify your transformation and remind you why you started this journey in the first place.

Furthermore, learning about shadow work can be an effective integration tool. Shadow work is the process of shining a light on aspects of our personality we may not care to acknowledge. Anger, greed, and jealousy are great examples of these shadow parts that we often avoid working with, and by recognizing these aspects of our being we can integrate them into our wholeness in a positive and beneficial way.

It's important to give yourself ample time to integrate both after and during your microdosing regimen. The recommended amount of time to microdose is 4 - 8 weeks, with a 2 - 4 week integration period in which you will reflect upon the previous four weeks and decide if you need to continue with another microdosing journey.

Also, it's vital that you also take integration days during the routine – those days you don't dose are excellent times to do integration work such as journaling and reflecting and will also give your body the time it needs to revamp.

Another great way to integrate is to join a community of like minded people who may offer support and share their experiences with you. Integration circles happen all over the world, including virtually, and it can be the added support you need to ensure a powerful and successful integration. Local psychedelic societies would be a great place to check for integration circles, and can probably point you in the right direction.

Track your Results

Complete a baseline survey before and after your microdosing regimen to keep a detailed report of your progress. You can also complete it at the end of every week if you wish, this will enable you to keep track of your journey and note any changes as they occur.

Hint: Use the Journal Prompts on page 34 to help track your results.



Part Four Enhance The Experience

Taking your Microdosing Journey to the next level can be as simple as stacking with supplements, connecting with a powerful community and getting intuitive with your routine.



Enhance the Experience

With any new wellness routine or lifestyle change, there are many ways to increase the positive results and enhance your experience. Microdosing has the potential to radically change your life, but it's not going to do that on its own. It's vital to have realistic expectations when beginning your microdosing adventure, and to put effort into your transformation and healing. Microdosing will be the fuel, but it's up to you to drive the car!

Microdosing is a great tool to implement into a comprehensive lifestyle plan that can cater to your growth and well-being. Intention is everything with microdosing and it will play a pivotal role in determining your microdosing success. It's important to really focus on putting time and effort into yourself and your goals, and microdosing can be a great ally when implementing these changes. Meditation, yoga, mindfulness, journaling, and exercise will be great ways to maximize the positive outcomes of your microdosing experience.

Adjusting your Dose

Adjusting your dose throughout your protocol can create different experiences. For beginners we recommend staying consistent on their first protocol with one dose (50-100mg) to monitor effects and results. After the first few protocols you can start to experiment and see what works for you. Some days taking 50mg, bumping up the dose to 150mg to help you hyperfocus on a task or taking 250mg on creative days or days where you are struggling with higher bouts of depression and anxiety.

Take Breaks

Between every 4 - 8 week long protocol we recommend taking time to reset your tolerance levels and to allow your brain to fully integrate the experience and changes that happened during your protocol. This break can last anywhere from 2 - 4 weeks and is a great time to assess how Psilocybin has affected your life.

Intuitive Routine

After multiple protocols you will eventually be able to be more intuitive with your routine. Knowing what days you need Microdosing support, when you need a break, when to lower or up your dose and also what supplements to take with your microdose to enhance certain effects (more on that below).

The Power of Community

Community can truly be the spark that ignites your transformation. In fact, community has been at the core of psychedelic work for thousands of years. Psychedelic medicines have been used by indigenous tribes for eons, and the work they did was based in community. They had these support systems built into the culture, and psychedelic integration was intrinsic to their everyday life.

[Join the Mindful Community over at Instagram here.](#)



Stacking with Supplements

At MindfulMEDS we recognized the many benefits of pairing nootropics, adaptogens and other supplements with microdosing to create specific goals for our community.

Stacking is the process of combining two or more supplements to elevate certain properties and to enhance results. We suggest focusing on one goal at a time (focus, physical performance, spiritual growth, connection to self, deeper introspection, etc).

Our functional supplements are designed to be taken 1-3 times daily (morning, afternoon and/or night) and can be taken continuously (even on microdosing off days) for 6-8 weeks. After that, we suggest cycling through different supplements to support all aspects of the mind, body and soul.

Create Your Stack

Step One

Choose your Microdose

Begin by choosing the microdose product of your choice. Go to page 41 to discover more properties of our different products. We recommend beginners start in the 50mg to 100mg range before exploring the higher dose products.

[Micro](#)
[50mg](#)

[Perform](#)
[50mg](#)

[Connect](#)
[75mg](#)

[Modern](#)
[100mg](#)

[Synergy](#)
[150mg](#)

[Inspire](#)
[250mg](#)

[Voyage](#)
[350mg](#)

Step Two

Add Functional Supplements

Add Functional Supplements to enhance certain aspects of your psilocybin experience based on your goals and lifestyle.

[Immunity](#)
Boosts the immune system and
overall gut health

[Happy Days](#)
For stress support and anti-
inflammatory benefits

[Lion's Mane](#)
Improves cognitive ability
and reduces brain fog

[Cordyceps](#)
Increases athletic performance
and supports recovery

[Maca Root](#)
Increases libido, energy and
balances hormones

Step Three (Optional)

Teas & Whole Mushrooms

Using higher dosed products on occasion can help support higher levels of growth and enlightenment. If wanted, we suggest using these products once every 1-3 months or based on your own personal experience.

[Beautiful Wellness Tea \(1g\)](#)

[Calm & Comfort Tea \(1g\)](#)

[Enlightenment Tea \(1g\)](#)

[Whole Mushrooms \(3.5-28g\)](#)



Our Products

In this section, we share our products to help you get informed on what MindfulMEDs has to offer when beginning your Microdosing Journey.



Products for Everyone

At MindfulMEDS we recognized the many benefits of pairing nootropics, adaptogens and other supplements with microdosing to create specific goals. These 5 products contain NO psilocybin and are great to pair with your Psilocybin microdose.



Lion's Mane



60 capsules per bottle

Our full spectrum lion's mane is a functional mushroom staple that has strong anti-inflammatory, antioxidant and immune-boosting abilities. It helps improve your cognitive ability and has the potential to help some people with low-grade symptoms of depression and anxiety.

What's in it: Organic Full Spectrum Lion's Mane (minimum Beta-Glucan content of 15%)



Immunity



60 capsules per bottle

Our Immunity blend is focused on boosting the immune system and overall gut health. This blend is ideal for anyone feeling sick and those suffering from improper immune function.

What's in it: Reishi*, Meisma*, Turkey Tail*, Poria, Shiitake*, Maitake*, Chaga*, Black Pepper *Organic



Cordyceps



60 capsules per bottle

This blend is perfect for those who are looking for that natural boost in performance in all aspects of their lives. Used by high performance athletes and health conscious individuals around the world to increase athletic performance, reduce muscle fatigue and boost immune properties.

What's in it: Organic Cordyceps



Happy Days



60 capsules per bottle

This blend helps reduce stress and anxiety while boosting memory, focus and healing potentials. It has anti-inflammatory effects that can relieve joint pain, lower blood pressure and support cognitive function.

What's in it: Ashwagandha, Cordyceps, Lion's Mane, Holy Basil, Black Pepper



Maca Root



60 capsules per bottle

Our Maca root provides a super boost in overall wellbeing and mood. Considered a natural aphrodisiac, ontop increasing libido in men and women, maca also improves your energy and performance.

What's in it: Maca Root



Products for Beginners

Our Psilocybin Microdosing products begin with 50mg and go up to 100mg. We recommend beginning at the lower end to gauge tolerance and to increase based on your experience. This is the starting point for anybody that works a 9-5 job, you are a parent, you need to operate vehicles and do not want to have any perceptual changes. Often people think that you are supposed to feel a drastic change but actually you become more aware of the results through looking at your decision making process and behavioral/habit changes. You may begin to make healthier choices in your diet, exercise and become more mindful of your day to day stress levels.



Micro



50mg Psilocybin per capsule - Perfect for Beginners - Microdose Level: Low

Our Micro blend is a 50mg mushroom microdose that helps your focus, drive, provides anxiety relief and acts as a mood booster.

This blend is perfect for those just starting out on their microdosing journey and/or for those that traditionally have a lower tolerance.

What's in it?

- 50 mg Organic Psilocybin
- 500 mg Organic Lion's Mane

24 capsules per bottle



Perform



50mg Psilocybin per capsule - Perfect for Athletes - Microdose Level: Low

Our Perform blend is a 50mg performance based mushroom microdose that offers increased energy levels, better endurance and focus, improved recovery and access to power. This blend is perfect for those seeking a clean and effective pre-workout and those looking to improve their personal bests or require that extra physical and mental boost to step up off of that plateau.

What's in it?

- 50 mg Organic Psilocybin
- 50 mg Siberian Ginseng
- 300 mg Cordyceps
- 50 mg Ginkgo Biloba

30 capsules per bottle



Products for Beginners



Connect [BUY NOW](#)

75mg Psilocybin per capsule - Perfect for Lovers - Microdose Level: Low to Med

Our Connect blend is a 75mg mushroom microdose designed to naturally help counteract any decline in both sexual desire and over all mood. Secondly, it can help you create a more loving and deeper connection with yourself and those around you. This blend is for those looking to increase sex drive, connection, sexual euphoria and improved energy levels.

What's in it?

- 75 mg Organic Psilocybin
- 50 mg Siberian Ginseng
- 300 mg Maca Root
- 50 mg Ginkgo Biloba

30 capsules per bottle



Modern [BUY NOW](#)

100mg Psilocybin per capsule - Perfect for Everyone - Microdose Level: Low

Our Modern blend is a 100mg mushroom microdose. This best selling microdosing blend is designed as the perfect mid-range option that helps improve memory and cognitive function. This blend is excellent in enhancing your mental clarity, improving your overall health, increasing your mood and decreasing your brain fog. For low tolerance, Modern would be considered intermediate.

What's in it?

- 100 mg Organic Psilocybin
- 300 mg Organic Lion's Mane

24 capsules per bottle



Stacks for Beginners

At MindfulMEDS we recognized the many benefits of pairing nootropics, adaptogens and other supplements with microdosing to create specific goals for our community.

Mind Stack Level One & Level Two

Wanting to increase your mental clarity and focus, relieve daily anxiety or depression, find more purpose and presence in your life?

Our Mind stack has been strategically built for those looking to increase their mental clarity, relieve daily anxiety and depression and find more purpose and presence in life.

Whether you choose our micro or modern blend you'll reap the rewards of increased focus, problem solving, drive and a boost in your mood. Coupled with the cognitive benefits and anti-inflammatory properties of our lion's mane you'll be giving yourself the best shot at the most present and productive day.

And for that extra boost of natural energy we've included our cordyceps to improve blood flow and overall reduction in muscle fatigue while you live your best life.

This stack can be taken as part of your pre-existing morning routine at breakfast or even as late as lunch. Taking them earlier in the day can set you up to complete your to-do list and tasks more efficiently and with greater ease. You may find yourself more content and with more time to be present and spend doing the things you love.



Lion's Mane | Micro | Cordyceps
Wanting to increase your mental clarity and focus,
relieve daily anxiety or depression.



Lion's Mane | Modern | Cordyceps
Wanting to increase your mental clarity and focus,
relieve daily anxiety or depression.





Stacks for Beginners

At MindfulMEDS we recognized the many benefits of pairing nootropics, adaptogens and other supplements with microdosing to create specific goals for our community.

Body Stack

Looking to raise the bar, move the needle or working to get back into shape? Wanting to beat your PR or make that breakthrough?

Our Body stack is designed for those looking to raise the bar, move the needle or working to get back into shape. Whether you're healing, growing or optimizing, this stack will help get your mind and body in the best possible place to achieve your goals.

Our Perform blend taken on a microdosing protocol and consistently paired with our Immunity blend and cordyceps will help you unlock all that extra energy, endurance, focus, and improved recovery you're looking for.

With the power of cordyceps to naturally reduce your muscle fatigue and the potency of our immunity blend to improve your overall gut health, you'll find yourself absorbing nutrients more efficiently, recovering more fully and having the energy and power to reach and exceed your goals.

This stack can be used before workouts as an alternative to existing pre-workouts, as a daily boost for those living a more active lifestyle and can be utilized as an integral supplement stack on your road to recovery.



Cordyceps | Perform | Immunity

Wanting to increase your mental clarity and focus, relieve daily anxiety or depression.





Products for Intermediate

At MindfulMEDs we created some moderate level Microdoses to help enhance the experience especially in the workplace or more demanding environments without any perceptual changes.



Modern



100mg Psilocybin per capsule - Perfect for Everyone - Microdose Level: Low

Our Modern blend is a 100mg mushroom microdose. This best selling microdosing blend is designed as the perfect mid-range option that helps improve memory and cognitive function. This blend is excellent in enhancing your mental clarity, improving your overall health, increasing your mood and decreasing your brain fog. For low tolerance, Modern would be considered intermediate.

What's in it?

- 100 mg Organic Psilocybin
- 300 mg Organic Lion's Mane

24 capsules per bottle



Synergy



150mg Psilocybin per capsule - Perfect for High Achievers - Microdose Level: Med

Synergy is the intersection of hyperfocus and quiet process. This blend combines the powerful effects of Cordyceps and Lion's Mane to balance the increased energy in both the body and mind. This blend is excellent for those looking to get in the zone and power through high level problem solving, intense exercise and enhanced creativity.

What's in it?

- 150 mg Organic Psilocybin
- 150 mg Cordyceps
- 150 mg Organic Lion's Mane
- 150mg Ginkgo Biloba

24 capsules per bottle



Stacks for Intermediate

Our Intermediate stack is for those looking for an occasional higher dose and includes a Tea which is 1000mg per bag. We suggest to first experience the beginner levels before leveling up to Intermediate or Advanced.

Connection Stack

Are you wanting more connection with yourself, with your partner, with life? Looking to improve your desire, energy levels and closeness with those closest to you?

Our Connection stack is all about just that, connection. Connecting with yourself and those in your life that mean the most to you. Whether you're looking for a closer connection in life or in the bedroom your intention will be rewarded with this stack.

Assembled to allow all the love in your life to flow, our Connect microdose blend will help you reconnect with the love for yourself while increasing your sex drive, euphoria and connection with your partner. Stacked with our Maca you may find yourself feeling more energized and closer to your desires and wants than ever before.

For an even more sensual experience and closeness with your loved ones we've included our tea. The warmth, coziness, joy and fun that comes with sharing a warm pot of our tea brings people together and opens up all sorts of communication veins that often leaves anyone enjoying this with a better sense of understanding and interconnectedness.

We recommend taking the Connect blend stacked with our Maca regularly as part of a dosing protocol and enjoying the tea whenever an opportunity arises to experience and share in its magic.



Maca Root | Connect | Tea

Wanting to increase your mental clarity and focus,
relieve daily anxiety or depression.





Purpose for a Higher Dose?

For some people, after you explore the lower doses, the higher doses can actually be where you find the most benefit especially for coming off of an SSRI. You may notice you need a higher dose to help you with the transition. Also, if you are overcoming an addiction the higher doses are beneficial as they can highly impact the impulsive reactivity to stressors. These higher doses are being used globally as a replacement for alcohol at social occasions. Furthermore, if you are in a highly stressful environment with work or family life, these higher doses can be helpful to bring you back to a positive baseline. They are also very useful to connect with nature, creativity and community.



Inspire



250mg Psilocybin per capsule - Perfect for Creativity - Microdose Level: High

Our Inspire blend invigorates creativity, increases bliss, joy, happiness and contentment while enhancing overall mood. This blend is perfect for those looking for more creativity, higher levels of problem solving, a connection with nature and for those trying to break through heavier bouts of depression and anxiety.

What's in it?

- 250 mg Organic Psilocybin
- 150 mg Organic Lion's Mane

20 capsules per bottle



Voyage



350mg Psilocybin per capsule - Perfect for Nature Lovers - Microdose Level: High

Our Voyage blend lets nature do all the talking. This is a high microdose that can reduce pain, increase creativity and invite feelings of euphoria. This blend is designed for those seeking more enlightenment, spirituality and relief from large bouts of anxiety and depression. Multiple doses will give you the feeling of enlightenment and the ability to connect with nature and your thoughts.

What's in it?

- 350mg Organic Psilocybin
- 100 mg Ginkgo Biloba
- 150mg Organic Lion's Mane
- 50 mg Siberian Ginseng

20 capsules per bottle



Stacks for Advanced

Our Advanced Stacks are meant for advanced users with a specific purpose of enlightenment or personal growth. With multiple higher dose products these stacks are perfect for those experienced with psilocybin.

Soul Stack

Looking to raise the bar, move the needle or working to get back into shape? Wanting to beat your PR or make that breakthrough?

Our Body stack is designed for those looking to raise the bar, move the needle or working to get back into shape. Whether you're healing, growing or optimizing, this stack will help get your mind and body in the best possible place to achieve your goals.

Our Perform blend taken on a microdosing protocol and consistently paired with our Immunity blend and cordyceps will help you unlock all that extra energy, endurance, focus, and improved recovery you're looking for.

With the power of cordyceps to naturally reduce your muscle fatigue and the potency of our immunity blend to improve your overall gut health, you'll find yourself absorbing nutrients more efficiently, recovering more fully and having the energy and power to reach and exceed your goals.

This stack can be used before workouts as an alternative to existing pre-workouts, as a daily boost for those living a more active lifestyle and can be utilized as an integral supplement stack on your road to recovery.



Modern | Inspire | Lion's Mane | Tea
Wanting to increase your mental clarity and focus,
relieve daily anxiety or depression.





Enlightenment Stack

Have experience with mushrooms and looking for a sense of enlightenment and euphoria? Wanting to go further and connect with mother earth, nature and your higher self?

Our Enlightenment stack will bring you a sense of euphoria, enlightenment, flowing creativity and closer to mother earth and yourself. A larger dose can also help you relieve rather large bouts of anxiety and depression. For those days you need a little more creativity, inspiration or more relief, this stack has got it all.

This psilocybin stack when taken as part of a dosing protocol by experienced mushroom adventurers can consistently steer you closer to inner focus and outer creativity. You may feel closer to your dharma (purpose) and full of euphoric energy and realizations to achieve your dreams.

If you're constantly sitting with heavier anxiety and depression, taking an Inspire as part of a dosing protocol and substituting with our Voyage blend on tougher days without much planned, it may bring you the relief you want and freedom to begin exploring that which makes you happiest.

On a day when you're seeking more creativity, flow and energy we've included our tea. Enjoy in stillness and reflection alone or share the experience with a friend and open up potentially new lines of communication, understanding and joy within the relationship.

This is a higher dose stack for those with experience in mushrooms seeking enlightenment, relief from physical/emotional pain, anxiety, depression and various other challenging states of being. Take this after eating and begin on a day set aside to see how the higher microdose and you interact.



Inspire | Voyage | Tea

Wanting to increase your mental clarity and focus,
relieve daily anxiety or depression.





FAQs

In this section, we breakdown our most Frequently Asked Questions and provide useful tips to help you in your Microdosing Journey.



FAQs

What is Microdosing?

The act of integrating sub-perceptual doses of psychedelics into your weekly routine for higher levels of creativity, more energy, increased focus, and improved relational skills.

What time do I Microdose?

While there isn't any rigid time schedule that you should adhere to when microdosing, many people experience a boost of energy from microdosing and this may interfere with sleep. A good guideline to avoid this is to take your microdose before 10:00 am. On the other hand, some people claim that microdosing actually aids in their sleeping process. Make any notes of these incidents in your journal so you can be sure to avoid any sleepless nights.

What's the deal with SSRIs?

Many people come to microdosing to help wean off of more harmful medications such as SSRIs and other depression treatments. It's important to note that there used to be caution concerning the combination of SSRIs and psilocybin with the concern of Serotonin Syndrome but based on a recent study by MindMed, they discovered that not only is it safe in most cases it can actually help support the transition off of SSRIs. You can view the study [here](#). In fact, psilocybin is the safest psychedelic to combine with SSRIs. There are many people amongst the global psychedelic community who have used microdosing to help wean off of SSRIs and live a more holistic, healthy lifestyle.

Microdosing can truly help revolutionize mental health, and it helps hundreds of thousands of people overcome depression and anxiety each and every day, including those on SSRIs. It's up to you, the individual, to do your due diligence and weigh the pros and cons when choosing to microdose parallel to SSRI treatment. Microdosing may be the key to a healthy future, but it's important to know the risks, no matter how minute they may be.

Note: Some people notice a Blunting Effect with SSRIs and may need a higher microdose to experience the positive effects of Psilocybin.

Do I need A Coach?

Acquiring a coach can be a great way to take your microdosing regimen to the next level! By having someone to instantly answer any questions or concerns you have, detail drug interactions, provide spiritual guidance, and to hold space for your transformation, you can greatly increase the chances of a successful microdosing regimen. A microdosing coach will tailor your regimen specific to your needs and goals and can act as a valuable friend to keep you accountable during the experience. Most people have a much greater chance at achieving their goals when they work with a coach!

Who is this for?

These products are for individuals looking to improve their lives in the following ways:

- Increase focus and productivity
- Increased positivity
- Increased creativity
- Decreased stress level
- Assistance in dealing with post-traumatic stress disorder (PTSD)
- Assistance in dealing with prior trauma
- Improve depression and anxiety
- Increased clarity and improved thinking
- Increased enjoyment of life
- Improve thought patterns and ways of thinking
- Increased empathy
- Increased social behavior, such as becoming more conversational and outgoing
- Increased physical performance and improved recovery time

How much psilocybin is considered a microdose?

A typical micro dose of psilocybin is anywhere from .05g-.5g, all of our 6 signatures products fall within the realm of a "traditional micro dose"



FAQs

How often do I microdose?

The research suggests that there is no known exact formula for a micro dosing weekly protocol. At MindfulMeds we have tested our products stringently in the Canadian market place using Paul Stamets protocol which he suggests 5 days on two days off. This protocol blends perfectly with a typical work week, so building a routine seemed to be easily followed with this protocol.

There is no one size fits all to microdosing, so we urge you to experiment to find what works best for you. By shifting your thought patterns into a positive state with microdosing, overtime you will see profound benefits to your everyday life. Use your intuition, follow your gut and listen to your body on determining what feels best for you.

Will I be able to function on these products during my everyday normal routine?

First time users may experience some slight anxiety so we recommend taking the product on a weekend or when you have a day off from typical responsibilities. It is important to understand how receptive your body is to microdosing and to give yourself time to understand how to use microdosing to improve your state of mind and optimize your life.

Most users microdose regularly and experience significant benefits in their everyday lives. Your body will become accustomed to microdosing, so it is important to take days off and follow one of the standard microdosing protocols that have a track record of success.

Can I take multiple pills in the same day?

Absolutely, it is very safe to take multiples in a day and often it can be necessary to do so for some people. We recommend for you to take at least two days off per week because of how fast your tolerance level can increase with psilocybin. It is recommended to take two days off a week, does not have to be consecutive days.

What are the risks associated with microdosing?

Microdosing and more specifically, the use of psilocybin, has speedily become more recognized as an important tool in dealing with mental health and improving oneself. While the benefits are clear, it is important to note that microdosing is not for everyone.

If you have a family history of mental health problems, such as bipolar, schizophrenia, psychosis, or other mental health problems, speak with your psychiatrist prior to using our products to see whether these products are suitable for you. In our experience, very few people do not benefit from microdosing, but it is important to ensure that our products are right and safe for you. If you are unsure, it is always a good practice to first discuss any proposed changes with your medical professionals.

Where can I access your self-conducted study on the benefits of microdosing?

During the months of March and April 2020, MindfulMeds conducted a 7-week psilocybin microdosing focus group involving 40 participants. The goal of the focus group was to measure the benefits that MindfulMeds products proposed to achieve.

The results were incredibly positive and the study can be accessed [here](#).

Will I fail a drug test if I microdose?

Most likely the answer is no. Most drug tests do not test for the active ingredient(s) in psilocybin based products. Mushrooms generally are 100% out of your system within 24 hours and the only way to test is through a hair follicle test which is not standard protocol for most drug tests. Do your research on what type of testing will be done.



FAQs

Am I supposed to feel these?

Our micro, modern, perform, and connect were designed for day-to-day functionality, and these products you are likely to NOT feel from a “buzz” perspective. However, there are several variables that contribute to this: your weight, alcohol tolerance, and amount of food in your stomach play a big role. If you are looking to feel these a little more, take on an empty stomach 20-30 minutes before a meal. All these products can be looked at in a similar way we look at vitamins, but this vitamin is for your brain.

Our inspire, and voyage are products meant for you to feel. If you are looking for an elevated sensation, these products are for you. Still an extremely low buzz level at this point, it would be no higher than a 2-3/10 and still sub perceptual changing. Many of our clients use a stronger microdosing blend week over week and they find it highly effective. If you are new to these products, we always suggest building a relationship with them first, there is no harm in starting with a low dose and working your way up when you are ready.

What are the benefits of microdosing?

According to a 2019 survey-based study published in the Harm Reduction Journal, researchers found that microdosers experience a number of emotional, physical, and cognitive benefits. Emotionally, microdosers experienced an “improved outlook, appreciation of life, optimism, spiritual insights, and being more in touch with emotions.” Cognitively, microdosers reported improved “focus and concentration, conscious awareness, mindfulness, and increased engagement and attentiveness.”

Can I drink alcohol at night if I microdose in the morning?

This depends on the user. Many report no adverse side-effects consuming moderate amounts of alcohol well after microdosing. It may be possible that the effects of alcohol may be more pronounced in some individuals while microdosing.

If I take multiple pills in a day, how should I spread them out?

It is recommended that users keep to one of the recommended microdosing protocols. MindfulMeds recommends the Paul Stamets protocol, which involves taking a microdose in the morning with breakfast for 5 days and then taking a 2 day break to reset tolerances. However, as these products have many useful purposes, once users understand how these products can help them, they may find a different protocol works best for them.

Will these affect my sleep schedule at all? Is there a cut off time in the day for them if so?

It is recommended that users take their microdosing product in the morning with breakfast, or 15 minutes beforehand. By taking the microdosing product in the morning, sleep difficulties are uncommon. Psilocybin is however a stimulant so be cognizant of when taking later in the evening, We do not have a strict cut off time for recommending our microdosing products. This is because there are many uses for these products, so it is important for users to understand how these products affect them and take the product accordingly.

How long do the effects of microdosing last?

The effects are often at the sub-perceptual level – meaning the effects are not always noticeable to the user. However, some users report the effects of microdosing lasting 6 to 8 hours or longer.

How long does it take for a microdose to kick in?

While the effects of microdosing are often sub-perceptual and not overtly noticeable, microdosing typically takes 20 minutes to 45 minutes to “kick in”.



FAQs

Can I take a second microdose if I don't feel it within the first hour?

Yes, but it is important to understand how these products affect you, so it is recommended to follow the Paul Stamets protocol and record/journal how microdosing is working for you over an extended period of time. This may help users determine if they require a stronger dose or if other adjustments to their dosing schedule may improve outcomes.

How do I know if it's time to increase my dosage? Is there benefit to increasing the dosage or will I get the same benefits if I remain at 50mg-100mg?

50mg is considered a very light microdose. It is not uncommon for users to require taking 100mg for 5 days continuously to see more benefits (and then taking a 2 day break to reset tolerances). This is considered the standard microdose.

For those still seeking a stronger product, we offer a 150mg, 250mg and 350mg microdosing product.

Has anyone ever overdosed from psilocybin?

No. Research suggests that with the toxicity levels found in psilocybin it would take 3 kg of dried mushrooms taken by a person to be fatal.

Will microdosing affect my decision making abilities?

Absolutely, in the best way possible! Microdosing psilocybin in combination with the supplementary mushrooms offered by MindfulMeds are designed to offer support with increased cognitive function and response!

Can I take a second microdose if I don't feel it within the first hour?

Yes, but it is important to understand how these products affect you, so it is recommended to follow the Paul Stamets protocol and record/journal how microdosing is working for you over an extended period of time. This may help users determine if they require a stronger dose or if other adjustments to their dosing schedule may improve outcomes.

How do I know if microdosing is right for me?

There are very few people who microdosing is not for. Over the next several years this will be proven as more people find their way to these medicines. As for the efficacy of our product, at the time this was written we have over 1500 bottles of our product in the hands of Canadians and we've never once had to return a customer's money due to an ineffective experience. This is something we're incredibly proud of! If you're new here, be sure to read our microdosing guide (can be found at the bottom of the website) to prepare, integrate, and amplify your experience on our products.

Is Microdosing Psilocybin Addictive?

No, it is actually anti-addictive. The effects of "proper" microdosing do not appear to present addictive traits. In fact, psilocybin is one the least harmful intoxicants in the world. However even with small doses of psilocybin, a person may develop a tolerance to these substances, leading them to increase their dose until it is a standard macrodose or more. This practice is dangerous, and it may lead to substance abuse problems.

We recommend always taking a 2 day break every week. This helps to ensure that user tolerances are reset and there is not a need to continuously take higher and higher doses.



FAQs

What is the best time of the day to administer my daily dose?

It is recommended that users take their microdose in the morning with breakfast.

What are the potential negative effects of trying microdosing?

As microdosing involves taking a very small amount of psilocybin, negative effects are somewhat uncommon. Some people report slight stomach upset, but most people tolerate microdosing very well if taken with food in the morning.

We recommend that if you are new to microdosing, then to start with a moderate dose of 100mg daily for 5 days followed by a 2 day break to reset tolerances. (revisit). We also recommend keeping a journal which may help you track changes in your life and help you realize whether microdosing is right for you.

For some, microdosing is not appropriate. Psilocybin is not appropriate for those with schizophrenia or bipolar disorder. If you are unsure whether you should try microdosing, we always recommend speaking with your doctor to determine what is best for your individual health and wellness.

Can I drive after taking my daily dose?

We always recommend starting your journey on a day where you have very few obligations to get a feel for the medicines. Our Micro, Modern, Perform, Connect and Synergy blends were designed for everyday functionality. These products, once understood, can be used daily and in almost every case you should be fully functional and able to operate a vehicle and work a 9-5 job.

Our Inspire and Voyage blends are slightly stronger, and the only two products in our microdosing line up that are meant for you to feel. We do not recommend driving after taking these two products.

How much does age group factor in for the effect of this product?

For people with a fully developed brain, age does not become a factor and these products can be widely used by most adults.. The factors that make the most amount of difference when it comes to feeling these products include: weight, food consumption, alcohol tolerance, and liver function.

Can I travel with my microdosing products?

Psilocybin, sadly, remains a controlled substance in Canada, although it does not appear to be a focus of law enforcement (as opposed to narcotics, cocaine and methamphetamine). However, users should be cautious when travelling internationally as many countries restrict or prohibit psilocybin in a much stricter way than Canada. Our functional supplements are perfectly safe to travel with.

How long do the products take to start positively affecting my mood / performance?

Generally speaking, if you've applied the tactics in the microdosing guide and you are not consuming other substances such as alcohol, changes should become noticeable in 1 to 3 weeks. Many feel the benefits almost immediately.

Will I get high taking these pills?

Generally speaking, microdosing 50mg or 100mg will not make most users feel differently at all. These dosage levels are considered to be sub-perceptual changing levels. At higher doses, such as at the 250mg or 350mg level, some users may feel a change in their perceptions. However, these are still considered to be microdoses and do not present the profound psychedelic effects of taking a macrodose which would be 500mg at the very low end and 5000mg (5g) or more at the high end.



FAQs

Can I use these for work? Can I take these meds if my work involves random Drug testing or testing for work-related incidents?

Many people believe that microdosing greatly increases their ability to be a productive and happy worker. Others cite that microdosing gives them improved insight into their jobs or careers that can give them an advantage over their colleagues.

Psilocybin is not tested for in standard drug testing due to the fact that psilocybin is in and out of the bloodstream within 24 hours. However, safety is incredibly important and new users should be extremely cautious. Psilocybin can affect people very differently and a dose one person considers small may affect another person to a much greater level.

However, if you are involved in a dangerous or stressful job, it is very important to begin microdosing when you are at home on a day off. This will allow you to understand how microdosing may affect you so you can make better decisions as to when you can gain the most advantage from microdosing.

Can these medicines help with athletic performance?

Absolutely! Many professional athletes believe that microdosing, or using psilocybin more generally, can greatly improve their athletic performance. Others believe that microdosing can help them to train more effectively and to increase their results. Many boxers and UFC fighters believe that psilocybin has given them an edge in their careers.

What blend would you recommend for me to take so that I can feel an instant difference ?

In this instance, we recommend our Inspire or Voyage blends as they provide for an increased amount of psilocybin and are ideal for people dealing with a strong bout of anxiety, for example.

Is it safe to mix MindfulMeds with other over the counter painkillers?

It is not believed that over the counter painkillers, such as Tylenol or Advil, are problematic with psilocybin. Taking more than the recommended daily amount of over the counter painkillers can be dangerous however, so it is very important to follow the product instructions.

Resources

- <https://entheonation.com/blog/benefits-of-microdosing/>
- [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(10\)61462-6/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(10)61462-6/fulltext)
- <https://harmreductionjournal.biomedcentral.com/articles/10.1186/s12954-019-0308-4>
- <https://pubmed.ncbi.nlm.nih.gov/30604183/>
- <https://psyarxiv.com/2jnkf/>
- <https://pubmed.ncbi.nlm.nih.gov/30478716/>
- <https://journals.sagepub.com/doi/full/10.1177/0269881120940937>
- <https://pubmed.ncbi.nlm.nih.gov/33082016/>
- <https://pubs.acs.org/doi/abs/10.1021/acsptsci.0c00099>