



A Guide to Microdosing Magic Truffles

Unlocking clarity, creativity, and calm—one small dose at a time.

🔍 What Is Microdosing?

Microdosing involves taking a very small amount (a “sub-perceptual” dose) of psychedelic truffles—enough to subtly shift your awareness and mental state without causing hallucinations or a full trip. Think of it like tuning an instrument. You're not trying to play the whole song; you're just adjusting the strings so your mind, body, and emotions are more in harmony.

People microdose to:

- Feel more focused and creative
- Ease symptoms of anxiety or depression
- Break through emotional or mental blocks
- Reconnect with themselves in a more mindful way

It's not about escaping reality—it's about being more present within it.



*Dosage
Calculator

⚖️ How Much is a Microdose?

A standard microdose is 0.5g to 2g of fresh magic truffles.

But dosage is personal. It depends on your sensitivity, body weight*, and what you've eaten. If you feel high, anxious, or overwhelmed—that's **no longer a microdose. That's a trip.**

Here's how to find your sweet spot:

- Start small. Try 0.25g–0.75g on your first day, especially if you're anxious or new to psychedelics.
- Choose a calm day. The first time you microdose, do it on a day with zero pressure or responsibilities—just in case it hits harder than expected.
- Tune in, don't check out. Give yourself space to feel. Pay attention to shifts in your mood, thoughts, and physical sensations.
- Build slowly. Once you feel confident, increase to your ideal microdose (up to 1g or higher).
More is not always better.

Pro tip: Write down how each dose affects you. Over a week or two, you'll find your ideal amount.

📅 How Often Should I Microdose?

You don't take a microdose every day. Your brain needs integration time—days off where it rests, recalibrates, and absorbs the insights.

Here are 3 popular microdosing protocols:

1. Fadiman Protocol (Beginner-Friendly)

How it works:

Dose every third day:

Day 1: Microdose

Day 2: No dose (observe effects)

Day 3: No dose

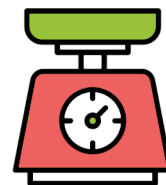
Repeat

Why:

On Day 2, many people feel lingering positive effects.

Day 3 helps reset your system and avoid tolerance buildup.

Good for: Creativity, emotional balance, studying, productivity.



2. Stamets Stack*

How it works:

Microdose four days in a row, then three days off. Often paired with Lion's Mane and Niacin to promote neuroplasticity and cognitive enhancement.

Example:

Days 1–4: Dose + Lion's Mane + Niacin
Days 5–7: No dose

Why:

This method is designed to stimulate brain growth and connectivity while avoiding tolerance. The combination of truffles, Lion's Mane, and Niacin supports cognitive function, memory, and overall mental clarity over time.

Good for: Brain health, cognitive enhancement, long-term healing.



3. Every Other Day Protocol

How it works:

Microdose one day on, one day off.

Example:

Monday: Dose
Tuesday: No dose
Wednesday: Dose

Why:

Offers consistent benefits while avoiding quick tolerance buildup.

Good for: ADHD support, mood balancing, creativity.



Cycle duration:

Most people microdose for 4–6 weeks, then take a 2–4 week break. The break helps you avoid tolerance, deepen your integration, and reset your intention.

🕒 When Should I Take It?

Most users take their microdose first thing in the morning. Here's why timing matters:

Morning: This is the most common time to microdose. It supports focus, emotional balance, and creativity throughout your day. Great for productivity, mindfulness, and intention-setting.

Midday: Works well if your mornings are hectic. It can provide a second wave of mental clarity or emotional reset—but avoid taking it too late in the afternoon, as it might linger and affect your sleep.

Evening: While typically not recommended for beginners or those with sleep issues, microdosing in the late afternoon or early evening (around 5–6 PM) can be deeply helpful for people looking to unwind, release stress, and emotionally process the day.

🍴 How Should I Take It?

Empty stomach = stronger effect

Your body absorbs truffles more quickly when your stomach is empty, leading to a slightly more noticeable effect.

Chew well or cut into small pieces.

This increases surface area for absorption. Swallowing whole is fine, but slower-acting.

Nausea?*

That's normal early on. You can:
Sip ginger or peppermint tea
Take a short walk
Breathe deeply and relax
Pair with a small piece of toast or banana



How to Store Magic Truffles

Proper storage keeps your truffles fresh and potent.

- **Fresh Truffles:** Keep them vacuum-sealed in the fridge (around 4°C). Once opened, store in a sealed container with a paper towel to absorb moisture. They'll last 2–4 weeks this way.
- **Drying for Long-Term Use:** Air dry with a fan until rubbery, then finish with a desiccant like silica gel in an airtight jar. Store in a cool, dark place. Dried truffles can last up to a year.
- **No Freezing:** Freezing fresh truffles damages their structure and weakens psilocybin.

Optional: Dried truffles can also be preserved in honey as a natural long-term method.

How to Reflect and Integrate the Experience

Microdosing isn't just about taking something—it's about creating space for growth. You're not just shifting chemicals. You're shifting patterns.

Here's how to deepen the benefits:

- **Set an intention before you dose** (e.g., "I want to stay grounded in tough moments" or "I want to open up creatively today").
- **Keep a journal.** Write how you feel each day. Over time, you'll see patterns, breakthroughs, or emotional layers lifting.
- **Practice mindfulness.** Try breathwork, nature walks, or meditating—even just 5 minutes.
- **Reduce distractions.** Microdosing isn't about doomscrolling. It's about becoming more you.

Over time, you may notice:

- Reduced anxiety
- More emotional awareness
- Easier decision-making
- Improved relationships
- But it's a process. Be patient.



What Strains Work Best for Microdosing?

Not all truffles are equal in strength. For microdosing, mild and balanced strains work best.

Starter Kit – Mexicana

Perfect for beginners. Comes with 6 pre-dosed 1g servings.
Known for enhancing creativity, emotional balance, and subtle energy boosts.

Mushrooms

A bit stronger. Great for people wanting a sharper focus or more mental stimulation.
Not pre-dosed—requires a precision scale (accurate to 0.01g).

Still unsure? Start with Mexicana. Once you know your tolerance, explore.



Important Warnings & Final Thoughts

- Don't combine with alcohol or recreational drugs. It dulls the benefits and can make you feel off.
- Consult your doctor if you're on any medications, especially antidepressants, SSRIs, or mood stabilisers.
- Microdosing is a practice, not a quick fix. Show up with intention and self-love.
- What works for someone else may not work for you. It's a personal path. Stay curious.



Understanding Your Microdosing Journal

A Guide to Tracking Your Magic Truffle Experience

Microdosing with magic truffles is more than simply consuming a small amount and moving on with your day. To gain the most benefit, it helps to observe how your body, mind, and emotions respond over time. A structured journal provides a reliable framework for noticing patterns, deepening self-awareness, and cultivating lasting growth.

This guide explains the purpose of each section in your microdosing journal, why it matters, and how you can use it effectively.

Morning Check-in

The way you begin your day often sets the tone for everything that follows. Recording sleep quality, mood, and energy upon waking provides a baseline before the microdose has any influence.

Over time, you may discover correlations between quality of rest, dosage days, and your ability to handle stress.

Equally important is setting an intention. Unlike a goal, which is outcome-oriented, an intention is about how you want to show up in the present moment.

For example, you might write:

“I intend to stay patient with my family.”

“I intend to approach work with curiosity.”

“I intend to stay aware of my body throughout the day.”

By stating an intention, you give your mind direction. The subtle effects of microdosing often align more clearly when anchored to a conscious focus.

Microdose Details

Not all truffles are the same, and neither are all doses. Recording the strain and amount ensures that you can make informed adjustments later. Some strains, like *Psilocybe Mexicana*, are gentle and light, while others, such as *Tampanensis*, may carry deeper introspective qualities. The time taken is equally important. Morning doses may support focus and productivity, while later doses could interfere with sleep or create a more inward experience.

During the Day

The heart of the journal lies in observing the unfolding of your day. By rating or noting your mood, energy, creativity, social connection, and physical sensations, you create a map of how microdosing integrates into daily life.

For instance, you may find that certain doses improve your ability to stay “in flow” while working, or that conversations feel easier and more empathetic. You may also notice challenges, perhaps increased sensitivity in stressful environments or restlessness if your dose was too high.

Both positive and negative notes matter, as together they reveal the full spectrum of your experience.

Reflections & Thoughts

This section is where structure meets freedom. Here, you can explore both positive and negative observations in more depth. Consider writing about emotions, breakthroughs, or challenges that stood out. An entry could be as simple as, “I felt unusually calm in traffic today,” or as complex as, “I noticed I often push myself too hard and need more balance.”

This practice turns fleeting impressions into meaningful insights. Reflection is what transforms microdosing from a casual habit into a tool for personal growth.



Evening Reflection

Evenings provide the clearest picture of the day's overall impact. By revisiting mood, stress, and productivity levels, you can see how long the effects carried and whether they aligned with your morning intention.

The gratitude note may seem small, but it has a profound effect. Research consistently shows that gratitude practice enhances emotional resilience and well-being. Simply acknowledging one positive aspect of your day, no matter how small, reinforces the mindset of presence and appreciation that microdosing aims to cultivate.

Final Rating of the Day

The 1–5 score at the end is deceptively simple. While it cannot capture the complexity of your experience, it provides a quick marker for reviewing trends over weeks or months. Looking back, you may notice that certain strains, doses, or routines consistently lead to “4” or “5” days, while others feel more neutral.

Conclusion

Your microdosing journal is not just a log, it is a mirror. Each entry captures a snapshot of your inner and outer world, helping you see connections that would otherwise remain hidden. Consistency is key: even brief notes create a body of knowledge that can guide your practice.

Over time, you will not only track the effects of microdosing but also learn more about yourself, your patterns, your growth, and your capacity to live with greater awareness.



Microdosing Journal – Magic Truffles

(Daily Entry)

Date:

Day in Protocol (e.g., 1, 3, 5...):

Morning Check-in

(circle or mark)

Sleep quality:

Poor	1	2	3	4	5	Excellent
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Mood on waking:

Low	1	2	3	4	5	Positive
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Energy level:

Low	1	2	3	4	5	High
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Intention for today:

Microdose Details

Truffle strain:

Amount (grams):

Time taken:

Extra supplements taken:

During the Day

(circle or mark)

Notes:

Mood stability:

Low	1	2	3	4	5	High
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Motivation / focus:

Low	1	2	3	4	5	High
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Creativity / flow:

Low	1	2	3	4	5	High
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Social interaction:

Low	1	2	3	4	5	High
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Physical sensations:

Low	1	2	3	4	5	High
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Reflections & Thoughts

(Positive and Negative Experiences)

Positive observations:

Challenges or negatives:

Emotional patterns noticed:

Key insights / lessons:

Evening Reflection

Overall mood:

Low	1	2	3	4	5	High
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Anxiety / stress:

Low	1	2	3	4	5	High
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Productivity:

Low	1	2	3	4	5	High
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Gratitude (one thing I'm thankful for):

Closing thoughts:

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Final Rating of the Day

Low	1	2	3	4	5	High
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