



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

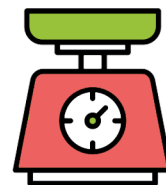
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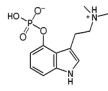
Why:

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.





MICRODOSE BROS.

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.

