

Microdosing Magic Truffles Guide

A comprehensive guide to microdosing psilocybin (magic) truffles

New to microdosing psilocybin truffles? Then you've come to the right place! Take a peak into this guide to prepare yourself for microdosing and accelerate in your daily life.

IMPORTANT: Jumping right in without reading this document thoroughly? Make sure to review the 'Do's and don'ts' section later in this guide to avoid unsafe practices!

What is microdosing?

With microdosing, you take very small (micro) amounts of psychedelic substances to boost creativity, energy, and focus without noticeable psychoactive effects.

The benefits of microdosing?

In today's fast-paced world, many people struggle to find their sense of purpose and connection with themselves. Despite living in an era of abundance, we often feel disconnected from our true selves. Microdosing has emerged as a powerful tool to help us reestablish this vital connection. Microdosing offers a range of benefits that can enhance our well-being and personal growth. By microdosing, we can experience improved mood, heightened focus, expanded creativity, and a profound sense of self-awareness. It allows us to tap into our full potential and face life's challenges head-on.

In short, some of the most common benefits of microdosing (psilocybin truffles):

- **Boosts Creativity:** Microdosing can make you think more creatively.
- **Emotional Relief:** Microdosing can help you let go of strong emotions and feel better.
- **More Open:** You might feel more open to trying new things and rethinking what you believe.
- **Feeling Connected:** You could feel a stronger bond with people, nature, or the world.
- **Improve mental wellbeing:** Microdosing has the potential to help with mental health

awake.

- **Changes in Perception:** Microdosing can facilitate the exploration of new perceptions and pathways.

How to find your ideal (micro)dose?

Find your ideal dose varies based on a person's weight, as heavier individuals may need more to experience the same effects. This difference is due to how the psychoactive component, primarily psilocybin, is distributed throughout the body. For those with more body mass, the effects might be less, unless the dose is increased accordingly. Adjusting the dose for weight can lead to a safer and more fulfilling experience by achieving the desired psychological and physical impacts.

Dosing based on weight:

Weight	Dose (g)*
40-50 kg	0,5 – 0,7
51-60 kg	0,7 – 0,8
61-70 kg	0,8 – 0,9
71-80 kg	0,9 – 1,0
81-90 kg	1,0 – 1,2
91-100 kg	1,2 – 1,3

**Note: these are just guidelines. Every person is unique, so discover for yourself what is a suitable dose for you. If in doubt, we recommend starting with a lower dose. Please note that the effects of our products may vary for each person. We don't promise any specific results.*

Protocols

There are many different protocols to consider for microdosing. Although the best approach ultimately varies from person to person, a beginner's protocol looks different from an advanced one. For beginners, the Fadiman protocol is very popular, while the Stamets protocol is more suitable for those with some experience. You can also choose another protocol if you don't like these two.

Regardless of the protocol chosen, maintaining consistency is crucial. Of course, you can try out a new protocol regularly, to experience what you feel most happy with. You can also make adjustments to the dosage as needed. We recommend starting with a low dose and then increasing it if necessary.

Dosing Schedule for Beginners (Fadiman Protocol)

James Fadiman is a well-known researcher in the field of psychedelics. He has proposed guidelines for safe and effective microdosing. This guide is based on the Fadiman protocol, which also helps avoid building tolerance—a crucial factor for optimal effects. Fadiman suggests a dosing schedule of one dosing day followed by two days off. This helps prevent tolerance and allows the user to evaluate long-term effects.

Day 1: Dosing day

Day 2: No dose

Day 3: No dose

... Repeat!

Dosing Schedule for Advanced Users (Stamets Protocol)

The Advanced Protocol is an adaptation of the Stamets Protocol, devised by mycologist Paul Stamets. This regimen is more rigorous than the Starter Protocol, as you microdose for four consecutive days. Here's a breakdown:

Days 1 through 4: Microdose.

Days 5 through 7: Do not take any microdosing.

... Repeat!

The Stamets Protocol helps you feel the effects for a longer time, even on the days you don't take it. And since it fits perfectly into one week, it's easy to follow and keep track!

IMPORTANT: microdose for a maximum of 2 months in a row, before taking a break of +/- 4 weeks. This way, you ensure that your body does not build up a tolerance.

Do's and don'ts

We have formulated several do's that can enrich your journey, as well as some don'ts that are important to review before you begin.

Do's

- ✓ **Start with a test dose:** Start with a test dose to see how you react to a small amount of the substance. This also helps assess the quality and potency of the substance.

- ✓ **Keep a journal:** Record your experiences, emotions, and any changes in your well-being or performance to evaluate your journey. An example journal might look like this:

9:00 AM: Taken with breakfast
9:30 AM: Feeling a pleasant relaxation
12:00 PM: Finding I can focus longer and better on my work
And so on

- ✓ **Take breaks:** People tend to build tolerance. Be cautious, avoid increasing your dose frequently, and take regular breaks between protocols. Take a break of +/- 4 weeks after 8 weeks of microdosing.

- ✓ **Start on the weekend:** Starting on the weekend allows for a more relaxed experience, helpful in case initial doses need adjusting without weekday pressures.

- ✓ **Chewing:** You can consume the truffles without chewing, but you can also chew them. When swallowed directly, it takes longer (1 to 4 hours) to notice the first effects.

- ✓ **Be patient:** Give the process time to work; it may take a few cycles before the benefits become noticeable.

- ✓ **Storing Truffles:** If packaged, (microdosing) psilocybin truffles will keep for 2-3 months in the refrigerator. Once opened, consume them within 2 days.

Don'ts

- ✗ **Do not microdose during pregnancy or breastfeeding.**

- ✗ **Do not microdose if you're under 18 years old.**

- ✗ **Avoid use with mental health issues:** Be extra careful if you're struggling with severe mental health problems. In case of doubt, always consult a medical professional.

- ✗ **Do not microdose in combination with medication such as SSRI's:** Some medications, especially antidepressants or other psychoactive drugs, can interact negatively with psilocybin, leading to dangerous or unpredictable effects. If you're

awake.

unsure whether magic truffles are safe for you, it's crucial to consult with a medical professional for personalized guidance and advice.

✗ Avoid combining with other psychoactive substances: This can cause unpredictable interactions and effects.

Enjoy your microdosing journey!

Have you completely read through this document and are you ready to start your microdosing journey? Then finally, we would like to wish you a happy microdosing experience! Enjoy, and embrace the process: let go and explore the subtle effects with openness and curiosity, allowing yourself to engage with the gentle unfolding of benefits fully.

But wait, before you go...

Wanna take your magic truffles journey to the next level?

Explore 'high-dosing' (more info below)!

Micro-dosing vs. 'High-dosing' psilocybin (magic) truffles

Where in microdosing psilocybin truffles you only take a fraction of a normal dose, you can of course take a full dose as well. These doses are not for everyday use, but rather to explore a deep experience with yourself or friends. A journey to enjoy from time-to-time!

Good to realize is that taking a full dose of magic truffles can affect your perception and functioning to such an extent that it is not meant to be integrated within your daily routines.

[> Check out our website for our full dose magic truffles products](#)

Medical disclaimer

The information provided in this guide or on our website is for educational purposes only and is not intended as medical advice. The content is not meant to be a substitute for professional medical advice, diagnosis, or treatment.

Always consult a qualified healthcare professional for any changes to your diet, exercise routine, or medication regimen. Never disregard professional medical advice

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or delay seeking it because of something you have read in this guide or on our website.

Questions & contact

Consult the FAQ on our website for answers to all your questions. If the question is not listed, send us an email at info@awake-shop.com and we will answer your question as soon as possible!