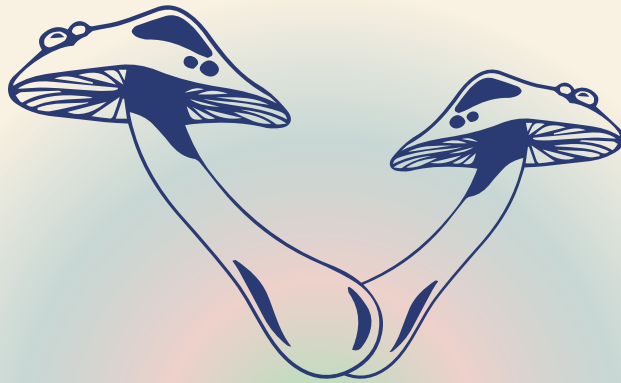


Microgenix



Microdosing

The Ultimate Handbook

The world of microdosing is vast. We're here to make it simple.

Subtle, yet *Uplifting*



Contents

p. 3-4	Intro
p. 5	What is Microdosing?
p. 6-8	Doses
p. 9	Positive Results Effects and Testimonials
p.10-11	Microdosing Protocols
p.12	Lifestyle Integration and Helpful Tips
p.13	Ways to Enhance the Lifestyle
p.14	Testimonials
p.15	Conclusion





for the curious minds, the busy bees,
the home bodies, and everyone in between

A positively enhanced lifestyle should be available
for *everyone*. Uplifting the regular day with a special glow
is where microdosing steps in, allowing our passion to
grow as we observe our world through

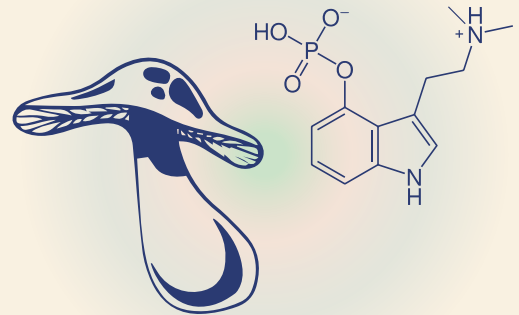
a new lens.

Your Elevated *Lifestyle*

Psilocybin has caused a surge of curiosity over its many impactful years, **allowing us to stretch our minds to a place where we can question what it means to live life to its fullest capacity.**

So what is this bizarre source of magic? *Let us introduce you to our special friend.*

Psilocybin is the **naturally occurring hallucinogenic compound found in various species of fungi.** Although many are familiar with psilocybin thanks to its figure of unique hallucinatory experiences, there is light being shed on a new age of subtle psychedelic practice. Focusing more on the mild effects of microdosing, there have been big leaps in how we view psychedelics as an integral attribute in wellness today. Despite gaining notice in recent years for its therapeutic effects, the use of psilocybin dates back to much earlier times. Amidst its ancient presence, psilocybin has been used in a variety of different spiritual, ritualistic, and religious contexts, deeming it as sacred for a variety of different practices in history.



Psilocybin is a member of the psychedelic family, its siblings you may know by the names of DMT, LSD, Ayahuasca, and more. Relaying back to the use of psilocybin and its siblings alike, the use of psychedelics throughout time has been said to induce a deepened state of consciousness, resulting in a heightened awareness towards life itself. *“Mind Revealing”*, the direct definition of psychedelics, is believed to portray life in its truest form; a raw and exciting bound of opportunity that calls to be embraced. The use of psilocybin impresses cognitive abilities and awakens the senses we often lose touch with, reminding us of all the small things that **allow life to glow on a daily basis.**

Although there is much to be praised when it comes to the enhanced effects of a hallucinative mushroom trip, many can appreciate the milder effects of psilocybin as it works **a special magic of its own, in a subtle, and comfortable manner.**

Friends, meet *Microdosing.*

What is Microdosing?

Light, Expansive and *Uplifting*

Microdosing mushrooms is the act of **consuming small to miniscule amounts of psilocybin** on a scheduled basis, in order to reap the benefits they may offer. The consumption of mushrooms in such light amounts tends to **avoid the commonly-noted aspects of "tripping,"** therefore enhancing its lighter effects, such as:



ENHANCED FOCUS



INCREASED MOTIVATION



HEIGHTENED MOOD



DECREASED SYMPTOMS OF DEPRESSION



INCREASED EMPATHY



DECREASED SYMPTOMS OF ANXIETY



INCREASED EUPHORIA

Although often remaining minimal, the act of microdosing can vary by a range of dose quantities. In this example we will dive into the range of *micro* level, *moderate* level, and *macro* level dosing.

Peanut Butter Cups

MUSHROOM STRAIN: PENIS ENVY

Sweet + Salty
Natural PB
Dark Chocolate

75mg Dried
Psilocybe/Cup



Micro

75mg-300mg

Clarity + Clarity Lite Capsules, Restore Capsules, Smooth Peanut Butter Cups, Mini Gummies.



With **micro level dosing**, you can integrate this level of dosage into more common routines **without the worry of feeling high or “tripping out.”**

Because of microdosing's unique ability to tap into psychedelics and plant medicine without unprecedented intensity, starting out at a dose such as this is **optimal for all beginners**, and those who simply prefer subtle effects. **Common effects** you may experience by incorporating micro level dosing into your life can range from all effects listed above, and may also include:

Pain relief



General feelings of calmness



Better mood regulation



Better sleep



300mg-500mg

Waxy Capsules, Indulge Chocolate, Sour Gummies



Still straying from the full “trip” level experience, a moderate dose can allow one to deepen the lighter effects of micro level doses, making it a great choice for **mild, recreational use.** A steady increase in these **fuzzy, euphoric feelings** can also be enjoyed as a way to enhance social gatherings, making for an **all-natural, safe, and non-addictive fun substance** to enjoy your Saturday night even further without the hangover! Effects found to be pronounced by moderate level dosing can look like:

Increased empathy

Fuzzy/cozy sensations

Increased social pleasure

Increase in overall energy

Moderate





Macro

450mg-3500mg

Macro Capsules



For the more experienced psychedelic users, macro dosing can be described as a potential hallucinatory experience, causing shifts in auditory and visual perception.

These changes can also be described as **vivid imaginative experiences, as well as intense emotional experiences.** Throughout history, taking larger doses of psilocybin has been **associated with self-discovery, and various forms of spiritual awakenings,** due to the belief that consuming substantial doses of psychedelics can **bring humans closer to attaining their own individual superior states.**

Meanwhile, there are many who enjoy taking higher dose quantities as a way to simply absorb the ultimate extent of all its effects, and **enjoy all the fascinating things to see and feel.** Common effects of macro dosing include:

Hallucinatory effects
(shapes, color, depth perception)



Auditory changes



Increased level of emotion



Heightened bodily sensations





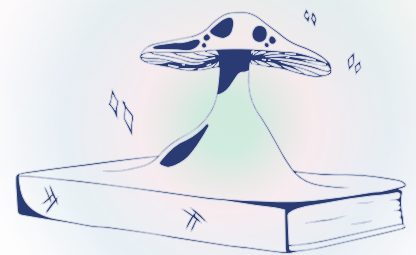
Positive effects, results, & *Testimonials*

Knowledge is *Power*

Recent studies have shown that individuals who microdosed psilocybin displayed evident changes in anxiety and depression symptoms, in comparison to those who did not. A research study conducted at **UBC** was one of the studies that presented these progressions, and concluded these positive results.

Another study presented by ***Nature: Scientific Reports*** observed positive outcomes also, where mood levels, depression, and anxiety levels were monitored attentively. **Steady decreases in anxiety/depression symptoms and notable increases in mood regulations** stood at the forefront of this study's many captivating findings.

John Hopkins Medicine researchers found advancements of their own in prior studies, as the use of psilocybin under controlled conditions showed **relief in symptoms of major depressive disorders**. Research shows that **psilocybin treatment caused large decreases in depression**, and continued to remain low up to 12 months after treatment.





Clarity Capsules

Vegan | Gluten-Free | Organic | Canadian

MUSHROOM STRAIN: BLUE MEANIES

Uplift Mood + Mental Clarity

Increase Creativity

Full Body Awareness

125 mg Dried
Psilocybe / Capsule



Microdosing *Protocols*

Beginning a microdosing journey with pre-measured capsules is a sure way to **ensure consistency, and to best avoid the risk of overconsumption.**

Alongside the precautions of dose measurements, another thing to think about is dose scheduling. **Creating a schedule is a powerful way to get our bodies used to a new regimen,** and to also allow our bodies to receive the full benefits microdosing has to offer. Here are some reliable schedules observed and approved by mycology experts, that may suit your transition into microdosing.

For first timers, a common dose protocol created by Psychedelic Researcher and “**Father of Microdosing**” **Dr. James Fadiman** is none other than the Fadiman protocol. The Fadiman protocol has assumed the name of “**the beginners protocol**” thanks to its easy to follow, easily transitionable dose schedule, and its ability to *familiarize the body with microdosing while observing all the benefits.*

Breaking down the *Fadiman Protocol:*

4-8 week Duration

A **three day cycle**, starting with a microdose containing 50-125mg of dried psilocybe.

Upon completion of the 4-8 weeks, allow the body to rest and reset for two to four weeks.



Day 1:

Microdose day, just choose your dose and vibe!

Day 2:

Transition day, no dose. This is a good day to let your body process the first dose and prevent early tolerance.

Day 3:

Normal day, no dose. Third day is meant to feel the way you normally do, and can allow you to fully observe and acknowledge any positive changes as they grow over the 4-8 week duration.

Day 4:

Dose again, and repeat the 3 day cycle.

Breaking down the *Stamet's Stack Protocol:*

Next there's the **Stamet's Stack protocol**. Created by a well-known Author and Mycologist Paul Stamets, the Stamets Stack has received high praise for the ground-breaking microdose formula of Psilocybin, Niacin, and Lion's Mane, giving the stacking method its name today. **This formula and stacking method is believed to have a long-lasting, sustainable effect on the brain in conjunction with this specific schedule.**

4 week Duration

A seven day cycle, starting with a microdose containing 50-125mg of dried psilocybe.

Continue this stack cycle for 4 weeks and allow the body to rest for 2 weeks upon the cycle's end.



Day 1 - 4:

Microdose stack day - Take a microdose paired with Lion's Mane (our capsules contain it already!) and vibe it out. For full Stamet's Stack effect, pair it with vitamin B3 (niacin).

Day 5 - 7:

Transition day, no dose. This day is meant for the body to process all the effects and avoid tolerance.

Last but not least, there is another easy to follow schedule that many find beneficial:

Intuitive *Microdosing:*



Intuitive Microdosing is ideal for those who feel as though they have a grasp on microdosing well enough to leave oneself **responsible for schedule guidance**, and is most beneficial after following one of the protocols listed above to full duration. Making the switch to intuitive microdosing can also be a powerful way to tune into full introspection, **observing what the body needs** and allowing those needs to shape an ideal schedule. It is still highly recommended to stay in line with the 1 day on, 1 day off method to **avoid tolerance plateaus**, and to always allow your body the important rest it needs.

Lifestyle Integration/ *Helpful Tips:*

Besides the importance of dose and schedule, microdosing can always be enhanced by proper lifestyle integration, allowing ourselves the best running start to achieving ultimate results. Here are some key steps that you may find beneficial:

Step 1:

Dedicate Your Time

As with any new process in life, when you begin your new journey into microdosing, there is no sure way to know what your first feeling or reaction will be. Taking a day away from work and other responsibilities will create more room to feel things out as you cater to your first experience.



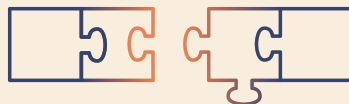
Try to weave your favorite hobbies and/or people into your first day and allow your day to revolve around enjoyment. When you allow yourself to ease into this process, you can ensure a better read on your body's natural response to onset effects, making it easier to choose where you would like to incorporate microdosing into your daily routine.

So go ahead, take the day off!
You deserve it.

Step 2:

Small Changes Make Big Changes

Understanding your authentic intentions is vital to all abundant outcomes. There may not be one concrete reason for your interest in mushrooms, but it is good to make note of what it is you are trying to achieve within yourself for optimal, long term results. It is important that you integrate other means of healing in order to support a meaningful practice, an example of this is if you wish to begin microdosing as a way to combat stress, you should incorporate walks, or meditation into your routine as you begin to feel the benefits of your dosing practice.



Noticing the benefits we experience from this medicine furthers our will to enhance it's doings. When we remain attentive to our goal, it is very rewarding to continue nourishing our mind and body.

Health integration is key!

Step 3:

Take Notes

Taking notes can be incredibly beneficial for all the right reasons. Keeping track and logging your progression in microdosing is a good way to obtain balance and remain present in your journey. Whether it be journaling, video documenting, or voice memos, being able to recognize your discoveries will create more opportunity for furthered goals and intentions as you carry out your new practice.



When it comes to any wellness or spiritual practice, advancements are ever changing. There will be many shifts and curves as life continues to run its course, so as you endure the rewards and defeats that take place throughout any meaningful experience, you can always return to self-communication as a way to remain in touch with yourself.

Every feeling can be felt deeper
when you give it a chance to be heard.

Ways to Enhance *The Microdose Lifestyle:*

1:



Journal, take note of all changes and improvements

2:



Spend more time outdoors, on dose days and rest days

3:



Take rest periods after all dosing cycles

4:



Take charge of healthy habits where needed

5:



Be present in the moment

6:



Incorporate other grounding hobbies into routine such as yoga, nature walks, and meditation

7:



Educate yourself about microdosing

8:



Stay on top of sleep

9:



Share with loved ones

Testimonials



Jen - Realtor



“Ever since I started taking **Clarity**, I am almost completely off my antidepressants that I have been on for close to 6 years now. **I can't tell you how good it feels to be out from under that shadow.**”



Jason - Filmmaker



“I work in the creative industry and microgenix has helped **enhance creativity** and has **tamed down any social anxieties I may have**. I would recommend trying this out and see for yourself what good it brings.”



Madi - High School Teacher



“I was a bit apprehensive to try these, but I am so glad that I did! It wasn't a dramatic physical effect, but more of a **subtle feeling of lightness, like everything in my world got a little less heavy and a little more clear.**”



Brady - Student



“When I was taking my **pharmaceutical meds**, **I couldn't shake the wrong feeling of losing a part of me** while helping myself. With **Clarity**, **I right away feel more daily, without losing the “me” I know, and wanted back.**”



Nico - Photographer



“I eat cannabis for anxiety and sleep, I like the cozy haze it puts me in. This however is very **natural and uplifting, with zero haze**. I could happily listen to music and get chores/work done. For me, my brain grazes through thoughts and then gets stuck on something that triggers anxiety. This is keeping me peacefully grazing and not stuck in negative thoughts. **My overall mood is relaxed, happy, engaged and therefore interested while fully feeling myself. 10/10 would recommend it.**”



Molly - Nurse

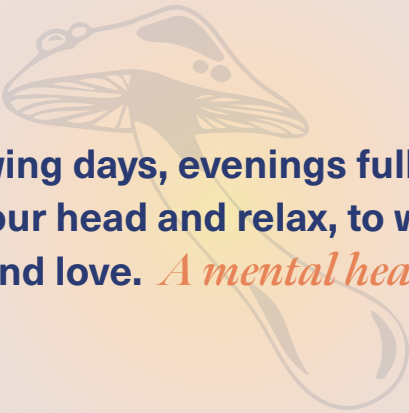


“So it was very very subtle for sure, but perfect. I was **clear minded**, but I felt like I was present at that moment in time. Everything was so real. Usually I don't pay attention to the little things. Like, I was sitting doing my makeup and I heard the birds chirping outside my window and thought, wow, what a beautiful sound. Or watching the trees wave in the wind, **just everything felt so in tune at that very moment.**”

The fascinating world of microdosing is rapidly **changing**. Perspectives are **shifting**, & its **recognition** is long overdue.

Combining safety, quality, and education in our mission is why all of us at Microgenix know **there is only one way to go,**

& the Only Way is Up



A stage for **glowing days, evenings full of connection,** a **place to lay your head and relax,** to watch your family with **patience and love.** *A mental health phenomenon.*

This is only the beginning.

This is Microdosing.

Microdosing

The Ultimate Handbook

Microgenix is a place of intention, passion, and growth. Where mother nature provides the elements, we are proud to be the curators.

Curated by: Olive Pritchard

