



MASTERING YOUR MUSHROOMS:

Free Dosing Support

Possible Psilocybin Experiences by Dosage of Dry Mushrooms

Micro .05-.25g	Museum .5-1.5g	Moderate 2-4g	Heroic 5g+
Improved Mood	Euphoria	Warped & Kaleidoscoping Visuals	Heavy Hallucinations
Increased Creativity	Colors More Vivid	Ego Dissolution	Ego Death
Increased Focus	Distracted Thoughts	Mild Disconnect From Reality	Disconnect From Reality
Enhanced Motivation	Enhanced Creativity	Minor Synesthesia	Synesthesia
Improved Sleep	Slight Visuals: (melly textures, breathing walls)	Distorted Sense of Time	Complete Loss of Time
Reduced Headaches	Losing Track of Time		

The average potency of standard dried *P. cubensis* is typically around 0.5% to 1% tryptamines by weight. (5 to 10 mg of psilocybin per gram of dried mushrooms)

Some varieties of *P. cubensis* like **PE** can be twice as potent.

Blob/brain/coral mutations of *P. cubensis* like **Enigma** have tested to have as much as 3.8% tryptamines.

Some exotic varieties like *Panaeolus cyanescens* (Specifically **TTBVI**) can have as much as 5%!

Aside from mushroom variety, many things will factor into the potency of your mushrooms like:

Growing Conditions
Harvesting Time
Drying Process
Storage



Microdosing

If you feel it, you took too much.

You should notice a shift in your mood but you shouldn't feel a buzz. Start low to dial in the dose that is right for you.

Fadiman Protocol = Day 1: Dose Day 2: No Dose Day 3: No Dose (Repeat)

Stamets Stack = *Psilocybe Mushrooms* + *Lions Mane* + *Niacin* (Vitamin B3)

Tolerance Build-up = Taking a two week break should provide a proper reset to feel the full effects again.

Be Prepared!

A mushroom experience can last 6-8 hours.

Activated charcoal may help stop a bad trip within an hour.

Helping the Medicine go down:

Lemon Tek

Grind up your dose and make a tea with a splash of lemon juice. Let the mushrooms soak for at least 20 minutes before drinking. The water will extract the psilocybin and the acid in the juice will start to convert psilocybin to psilocin, making the dose take effect faster and stronger while shortening the overall duration.

Choco Tek

Grind up your dose and mix it into chocolate. Chocolate can enhance and prolong the effects of psilocybin. This is primarily attributed to compounds such as tyramine and phenylethylamine (PEA), which might slow down the metabolism of psilocybin, allowing it to remain active for a longer duration. This interaction may result in a more intense and extended psychedelic experience. (Try the *Magic Doh* recipe on our website!)

Banana Tek

Chitin is a tough polysaccharide found in fungal cell walls that our bodies struggle to break down. *Chitinase* is an enzyme primarily known for its role in breaking down chitin. A significant amount of chitinase can be found in many foods like bananas, chestnuts, kiwifruit, avocados, papaya, green beans and tomatoes. So if you eat a banana directly with or after eating some mushrooms, it will prevent digestion and bowel discomfort as well as break down the fungal cell walls making the compounds inside more accessible.

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