

MICRODAYS

Journey Beyond

*The Comprehensive Guide
to Microdosing with MicroDays*

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CHAPTER ONE

Introduction

Welcome to MicroDays: A New Kind of Day

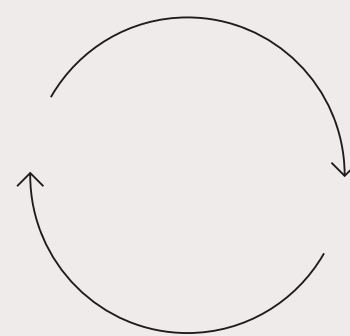
This manual is your gateway to a transformative journey with psilocybin microdosing. It's designed to help simplify the world of plant medicine, making the profound benefits of microdosing more accessible and understandable. To begin, let's delve into the rising interest in this field:

What Is All the Buzz About Psilocybin Microdosing?

Microdosing involves the regular intake of small quantities of psilocybin, a practice increasingly recognized for its wide range of benefits. We believe that the practice of microdosing represents a journey toward embracing life's simple pleasures and tapping into the profound gifts of nature. This practice is more than a wellness trend; it's a gateway to mindfulness, heightened awareness, and enhanced motivation. Microdosing is gaining momentum as a therapeutic tool for managing depression, anxiety, stress, substance use disorders, and even PTSD, often used while working in tandem with healthcare professionals.

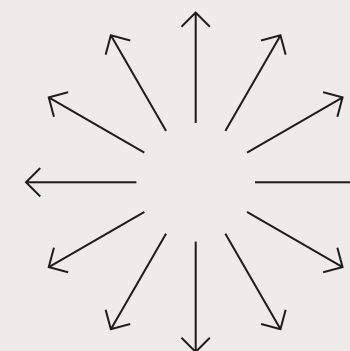
How Will Microdosing Affect Your Life?

Nature is intelligent. Discover mindful restoration
for a balanced and harmonious life.



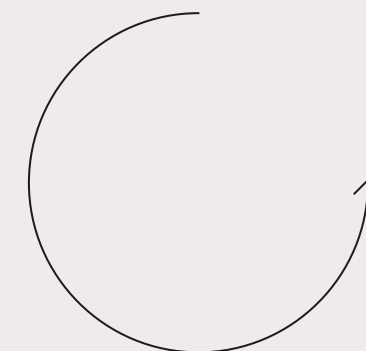
Restore

Positivity, Motivation, Focus,
Creativity, Connection,
Immunity, Resilience, Cognitive
Function, Coping Capacity,
Knowledge of Self



Release

Symptoms of Anxiety and
Depression, Symptoms
Related to Chronic Pain
and Illness



Reset

Addictive Patterning,
Limiting Beliefs,
Connection to Self

PURPOSE:

Sub-perceptual to perceptual dose for routine enhancement.

COMMON EFFECTS (DOSE-DEPENDENT):

- Mood balancing, mood enhancement, and subtle euphoria
- Decreased stress and increased emotional stability
- Mindfulness, presence, and peace
- Openness, self-forgiveness, and conversational fluidity
- Alleviation of conditions like depression, anxiety, ADD/ADHD, PTSD
- Increased motivation, clarity, and access to flow states
- Improved memory, creativity, and focus
- Heightened sensory perception
- Enhanced athletic endurance
- Increased overall energy

The MicroDays Mission:

The world is changing quickly. More folks than ever are facing obstacles to their well-being. As a response to this, we are deeply excited about offering viable alternatives to addictive, synthetic, and pharmaceutical options for those struggling with their mental health as well as physical ailments.

We wanted to create a new microdosing product that is gentle enough that it can be taken daily without interruption to function. Something designed to uplift and inspire but in your actual life, with your family, in your work, or on your play days. With our wide range of products, you can find the kind of day that works for you, from *Easy* to *Divine*.





MICRODAYS

Microdosing for FocusDays
Lemon Crunch: Citrus Candied
Almond White Chocolate

infuse your day with heightened mental clarity

750MG PSILOCYBIN / BAR
125MG PSILOCYBIN / PIECE
75G NET WT

CHAPTER TWO

Microdosing 101

What is *Microdosing?*

In 2011 Dr James Fadiman released the book *The Psychedelic Explorer's Guide* and coined the term "micro-dose." He defined a psilocybin "micro-dose" as 1/10th of a hallucinogenic dose.

Today, microdosing is a relatively common practice that involves the regular consumption of small, often sub-perceptual amounts of psilocybin. This approach to psilocybin consumption is not about achieving a psychedelic experience, but rather enhancing everyday functionality and well-being. Microdosers often notice improvements in cognitive function, creativity, and a significant reduction in symptoms of depression and anxiety. It's a practice that encourages reconnection to self and the simplicity and beauty of life, embracing the natural gifts of the earth for personal growth and development.

This method of using psilocybin has become a key to unlocking deeper levels of mindfulness,

heightened awareness, and increased motivation.

Beyond personal development, microdosing is gaining recognition in the medical community.

It is being seriously explored as a potential therapeutic aid for conditions like PTSD, depression, and anxiety, often in conjunction with traditional healthcare practices.

Microdosing has been known to:

- Increase connectedness with self and environment
- Combat lethargy, burn out, and fatigue
- Disrupt repetitive/negative thought patterning
- Ground, stabilize, and increase emotional awareness
- Curb addictive behaviors



Will I Feel High?

Of course your experience will depend on your dose, your set and setting, your intention, your environment, and your unique biochemistry (all of which we will discuss below). However, the goal of an effective microdosing regime is that you can microdose while maintaining your regular life.

The body builds a tolerance to psilocybin very quickly. You may feel slightly intoxicated the first time you take a microdose, depending on the dose you choose, but if you continue with the same dose you will notice that lesson very quickly until you reset your tolerance with a microdose break which is very important.

Keep reading to learn more.

What Are Magic Mushrooms?

Magic mushrooms, such as *Psilocybe cubensis*, contain psilocybin, the compound responsible for psychedelic effects.

When ingested, psilocybin is converted into psilocin, which interacts with the brain by suppressing serotonin receptors and inducing the psychedelic experience. Higher levels of psilocybin result in stronger effects. Magic mushrooms have been used for thousands of years in various ways and there are over 200 species of magic mushrooms.

Psilocybin and psilocin are hallucinogens that can produce effects similar to LSD when taken in large enough quantities. Individuals using magic mushrooms can experience hallucinations and an altered state of consciousness, dependent on the dose. Effects appear within 15 - 60 minutes and usually last for four to six hours.



Magic Mushrooms

When consumed, the effects of magic mushrooms can vary somewhat from person to person. In addition, psilocybin-containing mushrooms also range in concentration of active ingredients. Felt effects of magic mushrooms rely heavily on the dose and type of mushroom.

It is always wise to start low and go slow if you are unsure how you react to magic mushrooms.

The Five Components of Effective Microdosing

At MicroDays, we are dedicated to nurturing growth and inspiring transformation by providing simplified access to powerful plant medicine.

This guide contains everything you need to know to craft the ideal microdosing experience that lends itself to the goals and intentions you set out. Our approach is structured around the Five Components of Effective Microdosing: Understanding and Preparation, Dosing Strategies and Protocols, Set and Setting, Integration and Community, and Ethical and Sustainable Practices. Each of these components plays a crucial role in creating a well-rounded and effective microdosing experience.

Here is a brief overview of each component:

Understanding and Preparation

Here we focus on laying the groundwork for your microdosing journey.

This involves gaining a thorough understanding of psilocybin and its effects, preparing yourself mentally and physically for the experience, and ensuring that you have a supportive mindset and physical environment for your journey.

Dosing Strategies and Protocols

Next, we delve into the practical aspects of microdosing. This includes determining the appropriate dosage for your needs, understanding the different strategies for microdosing, and learning how to adjust your regimen for the best results.

Set and Setting

Here we illuminate the importance of your mindset (set) and physical environment (setting) in the microdosing journey. These factors can significantly influence the effectiveness of microdosing and your overall experience.

Integration and Community

The integration and community component explores how to integrate the insights and benefits gained from microdosing into your daily life.

We also emphasize the importance of community in this journey, providing access to support and networks for sharing experiences with others who are on similar paths.

Ethical and Sustainable Practices

Where you get your plant medicine matters. In this section we highlight our commitment to ethical and sustainable practices. We grow our own mushrooms, use only the highest quality chocolate and ingredients, and consider each part of the process so that you don't have to.

In the following sections, we will explore each of these components in detail, providing you with the roadmap to confidently embark on this transformative microdosing journey.



CHAPTER THREE

Understanding and Preparing for Microdosing

Things to Consider Before Your Experience

Our products are offered in low dose formulations designed to land gently in your body. While we always recommend the reliable start-low-go-slow approach to beginning a new microdosing regime, if you have experience with psilocybin and microdosing, go ahead and take the amount you're comfortable with. But if you are unsure, nervous, or extremely sensitive, below are some considerations to best prepare you for the ultimate microdose journey.

To set yourself up for a positive psilocybin experience, follow these essential steps: consider the ideal set and setting, prepare your frame of mind, set clear intentions, enlist the help of a trusted trip sitter, and consider your diet. These considerations greatly increase the chance of a meaningful and enjoyable experience.

- **Mindful Approach:** Emphasize a positive and open mindset for transformative experiences.
- **Harmonious Surroundings:** Select a safe and comfortable setting.
- **Purposeful Intent:** Set clear personal intentions for the journey.
- **Guidance Companion:** Understand the role of a knowledgeable and supportive guide.
- **Nutritional Considerations:** Consider any dietary advice for an optimal psilocybin experience.



Set and Setting

In preparation for any psilocybin experience, there are two denominators that greatly influence the outcome and level of enjoyability: set and setting. Set is your mindset going into the experience, and setting is the environment in which you're in.

Again, the dose amount predicts the level of preparation that is needed. Higher dose experiences require more care in preparation, for most microdosers taking sub-perceptual or just-perceptual amounts only a general consideration of the following is required.



SET (MINDSET)

- **Influence on Experience:** Your emotional state, expectations, and intentions profoundly impact any microdosing journey.
- **Recommendation:** Use psilocybin as a tool for growth. Pair it with mindfulness.

Be aware that your mindset going into any psilocybin-enhanced experience will impact your experience. It is not always possible to enter a microdose journey with a positive mindset, but consider how your mindset may interact with the plant medicine. Psilocybin has the potential to trigger or exacerbate mental illnesses that are already present if the proper care and caution is not exercised.

SETTING (ENVIRONMENT)

- **Impact on the Trip:** The environment, from a quiet room to a bumping party, shapes the quality of your experience. Consider your intention when choosing a setting.
- **Suggestion for New Users:** Choose a calm, safe, and familiar setting for your initial experiences. Allow a full day in this setting to accommodate your journey.

If you'd like to learn more about clearing a space, and creating protection: Audio: Clearing and Protection [LINK](#)

MUSIC AND MICRODOSING

Be aware that your auditory environment will play a large role in the outcome of your experience, and that auditory stimulation can have a significant effect on a psilocybin experience.

Studies have found that melodies can have the power to unlock elevated states of consciousness.

Researchers at Johns Hopkins University have curated a playlist which after years of study has been reliably proven to induce profound, meaningful, and transformative experiences:

- Inside the Johns Hopkins Psilocybin Playlist [LINK](#). A version of this playlist is available on Spotify [LINK](#)
- Here are seven more playlists to possibly soundtrack your microdose journey [LINK](#)
- Here is another musical compilation that may be a helpful companion on your microdose journey [LINK](#)
- Another article further explaining this phenomenon: Playlist for a Psychedelic Journey | Johns Hopkins Medicine [LINK](#)

SETTING INTENTIONS

It's important to consider why you are microdosing and what your intention(s) may be before you begin your microdose regime. Anchoring with a clear set of intentions can help your microdose experience unfold in the most helpful way possible. Write your intention(s) down and have them visible throughout the day. Returning your thoughts to your intention(s) can work to ground and help you find enhanced meaning in your experience.

THE EMOTIONAL GUIDANCE SCALE

To begin to understand, recognize, and track our emotional well-being we must first learn the language of emotional scale. Click here to learn more: [LINK](#)

DIET

Psilocybin mushrooms can lend themselves to upset stomach and even nausea and vomiting. However, all of our MicroDays products with the exception of PartyDays, contain a psilocybin-active mycelium called Semperviva that works to calm digestive upset and ensure your microdose lands gently in your body. Microdosing in the morning on an empty stomach can further prevent any upset stomach as well as encourage faster absorption. Fasting can also help to prevent gastrointestinal problems but is not necessary.

TRIP SITTER

Especially if you are nervous, it can be a good idea to enlist a friend with practice ingesting psilocybin to help guide and support a first-time psilocybin experience. Plan for this companion to stay sober. Choose someone you are comfortable with so that you can be yourself as the journey unfolds. Let them know what your intention(s) are for your journey and how you like to be supported if it is needed.

If you want to explore higher supervised doses or work with a coach or counselor on your microdose journey, explore the MicroDays Find a Coach page for more information [LINK](#)

Important Precautions

Microdosing is generally safe, with a low incidence of emergency medical attention needed. However, it's not recommended for individuals with severe mental illnesses like schizophrenia or bipolar disorder, or those on lithium. Microdosing is also not recommended for pregnant or breastfeeding individuals or those under 19.

Safety: Whether you're microdosing or exploring higher doses, always prioritize safety and personal well-being in any psychedelic journey. Carefully consider dose and possible effects and how they align with your intention(s), your set and setting, and what support systems you have in place to ground your experience.

What Are the Long-Term Effects of Psilocybin/ Magic Mushrooms?

Currently, no studies have evaluated the long-term effects of repetitive use of psilocybin/magic mushrooms.

Substance Use Disorders and Withdrawal:

There is little evidence that people can become physically or psychologically dependent on magic mushrooms.

However, it is possible to become tolerant to the drug's effects with regular use. This may occur over several days of continued use. In this state, even high amounts of the drug will no longer produce the desired effect.



Risks Associated with Psilocybin Use

- What is commonly known as a “bad trip” may occur, particularly at high doses. These experiences may be frightening and may include paranoia, loss of boundaries, and a distorted sense of self. Impaired judgment during these “bad trips” may lead to risk-taking behaviour, which may then lead to traumatic injuries or even death.
- In certain cases, particularly at high doses, users may experience frequent or overly intense psychedelic events that may induce abrupt “flashbacks,” i.e., reliving the previous experience.
- Using magic mushrooms, particularly at high doses, with substances such as cannabis, amphetamines, alcohol, etc., elevates the risks of serious side effects and adverse events.
- For individuals predisposed to or with existing psychiatric conditions, there may be an elevated risk of side effects. This association is still being evaluated.
- For individuals with cardiac diseases, short-term effects such as increased blood pressure and heart rate could potentially be harmful, especially at higher doses.

Contraindications:

As mentioned above, microdosing is not recommended for individuals with severe mental illnesses like schizophrenia or bipolar disorder, or those on lithium.

Below is an article to a list of supplements and medications “that until now are known not to cause any adverse side-effects when combined with microdosing.” It is important to note that not enough long-term studies have been done to be able to definitively advise on the topic of interactions with microdosing. It is always wise to consult with a healthcare practitioner especially as that relates to current medications, interactions, and possible replacement with microdosing. Always consult with a medical professional if you are considering combining, stopping, or phasing out any medications. Article, Can Microdosing Be Combined with Medication or Supplements? [LINK](#)

More information on potential interactions between psychedelics and antidepressants: Antidepressants & Psychedelics Chart (The Spirit Pharmacist) [LINK](#)



A Brief History of Microdosing

Exploring the rich and varied history of magic mushrooms feels like a journey through time, uncovering a narrative as layered and complex as humanity itself.

These mystical fungi have captivated cultures worldwide, intertwining with religious practices, healing rituals, and the evolution of societies. Psychedelic mushrooms have been used by humans for various purposes for thousands of years.

Think of the ancient Central American civilizations, where the Mayans and Aztecs held psilocybin mushrooms in high regard. Known as Teonanácatl, or “flesh of the gods,” these mushrooms were integral to their spiritual and divinatory practices. The belief was that these were gifts from the serpent god Quetzalcoatl. But with the arrival of the Spanish, this rich tapestry of indigenous mushroom use faced harsh suppression.

In the sands of ancient Egypt, mushrooms were no less revered, seen as divine gifts from

Osiris himself. Reserved for the elite and the priesthood, these “food of the gods” played a central role in their religious and cultural life.

Venture further to the icy landscapes of Siberia, and you’d find tribal societies with their own unique traditions around psychedelics. They consumed the psychoactive Amanita Muscaria mushrooms and even drank the urine of reindeer that had ingested these fungi, incorporating this psychedelic practice into their spiritual rituals.

In Greece, the famous Eleusinian Mysteries may have included psychedelic mushrooms and ergot fungus in their sacred rites to honor Demeter, the goddess of grain. These ceremonies, steeped in secrecy and mystique, attracted the era’s greatest minds and thinkers.

Fast forward to more recent times, and we see



the entry of magic mushrooms into Western awareness, largely thanks to R. Gordon Wasson’s 1957 *Life* Magazine article. This groundbreaking piece brought shrooms to the mainstream, inspiring luminaries like Albert Hoffman and Timothy Leary to delve deeper into the scientific study of psilocybin.

Today, the focus on magic mushrooms has shifted to their potential therapeutic uses. Institutions like Johns Hopkins University’s Center for Psychedelic and Consciousness Research are exploring psilocybin for treating conditions like PTSD, addiction, and treatment-resistant depression. The enduring significance of magic mushrooms in human history is undeniable. Their role in spiritual and religious rituals, and their emerging potential in modern medicine, continues to fascinate and inspire researchers and enthusiasts alike.

Could Santa Claus Be Derived from Old Shamanic Rituals?

Mushrooms have been used for thousands of years due to their psychedelic properties. Shamans in Northern European countries such as Sweden, Finland, and Norway used to harvest Amanita muscaria, also known also as fly agaric for use in various holistic remedies.

The fly agaric mushroom is said to have also played a huge part in the creation of our modern-day Santa Claus figure. Shaman in these countries used to collect these hallucinogenic mushrooms dressed in red coats lined in white fur and tall black boots. These healers would then enter their yurts through the top, what was effectively the chimney, and extend their medicinal products to those who needed them.

Understanding Psilocybin: The Science

Psilocybin is the active ingredient in magic mushrooms that produces their psychedelic effect. When ingested, psilocybin is converted into psilocin, a psychedelic tryptamine that resembles serotonin, an important mood stabilizer. Psilocin binds to serotonin receptors in the brain, suppressing filtering mechanisms and allowing different information to reach consciousness, dose-dependently resulting in various levels of hallucinogenic effects and altered perception. By blocking serotonin receptors, psilocybin facilitates communication between normally unconnected regions of the brain, potentially creating new neural pathways and connections. This rewiring has the potential to disrupt unhealthy thought patterns associated with mental health issues like anxiety, depression, and addiction.

For most bodies, within three days of consumption 95% of psilocybin will have been metabolized and excreted. That is why it is recommended to take two to three days off during each microdosing cycle depending on which protocol you are following in order to reset and prevent tolerance buildup.





CHAPTER FOUR

Dosing Strategies and Protocols

Before Starting...

Before Starting a Microdosing Regime, Consider:

- Your reasons (intention(s) and goals) for microdosing
- Consultation with a health professional
- Whether to microdose independently or under supervision

General Tips:

- Start low and go slow
- Start on a relaxed day with minimal responsibilities
- Follow your protocol of choice for at least four weeks
- Microdose in the morning, avoiding concurrent use of alcohol or other substances

How Do I Actually Microdose?

For first time microdosers, we recommend starting with a small microdose (25mg - 200mg) and following The Fadiman Protocol which instructs one active dosing day followed by two integration days (no dosing) where you can supplement with functional mushrooms. We recommend starting with a dosing schedule that includes at least one day off, but preferably two to three, between microdoses to allow for time to reset any buildup of tolerance.

Continue this protocol for four weeks, then take a reset period of two weeks when you do not dose at all but continue with functional mushrooms only. This protocol is considered the Beginner's Protocol and it is a great place to start

to see how your body responds to psilocybin.

The most common protocol for experienced microdosers is the Stamets Stack Protocol. This protocol is four active dosing days followed by three integration days (no dosing) only taking functional mushrooms.

Continue this protocol for four weeks and then take a reset period of two weeks when you do not dose at all but continue with functional mushrooms only.

Many microdosers repeat their chosen protocol for multiple rounds or indefinitely. If you have any questions regarding protocols, please feel free to contact our team, we are happy to support you.



Picking Your Dose

Dosing psilocybin-containing products can be both straightforward and somewhat complex. Starting with a low dose is recommended to avoid negative experiences and to begin to understand individual reactions. However, accurately recommending the ideal dose is challenging due to the unique and unpredictable nature of each person's experience with psilocybin and biochemistry. Factors like potency, strain variation, tolerance, set and setting, and diet further affect dosing outcomes.

Dosage guides typically use milligrams (mg) and grams (g), with 1 gram (g) equal to 1000 milligrams (mg).



Dosing Guide - Categories and Recommendations

A “dose” is the amount of the substance that is consumed. The dose you consume will determine the intensity and, somewhat, the duration of the experience. There is no one-size-fits-all solution for determining what dose to begin with. However, we always recommend starting with psilocybin-containing products slowly and gradually. This has the advantage of allowing you to truly understand what effects you experience at various doses while also allowing you to gradually increase your dose to find the sweet spot that aligns with your intention for microdosing.

Doses are generally categorized in the following way:



Microdose (25mg - 300mg)

PURPOSE: Sub-perceptual to perceptual dose for routine enhancement. **All of our MicroDays products fall under this category,** however higher doses can be achieved by taking multiple doses of any product or mixing and matching multiple products.

COMMON EFFECTS (DOSE-DEPENDENT):

- Mood balancing, mood enhancement, and subtle euphoria
- Decreased stress and increased emotional stability
- Mindfulness, presence, and peace
- Openness, self-forgiveness, and conversational fluidity
- Alleviation of conditions like depression, anxiety, ADD/ADHD, PTSD
- Increased motivation, clarity, and access to flow states
- Improved memory, creativity, and focus
- Heightened sensory perception
- Enhanced athletic endurance
- Increased overall energy



Medium Dose (300mg - 1g)

PURPOSE: Above perceptual threshold, but not a full psychedelic experience.

COMMON EFFECTS (DOSE-DEPENDENT):

- Mood enhancement and mild euphoria
- Mindfulness, presence, peace, and introspective insights
- Altered states of consciousness and alleviation of persistent conditions
- Increased motivation, clarity, and access to flow states
- Enhanced sensory perception
- Experiential changes
- Preference for introspection
- Increased sensitivity to light and very mild visuals



Large Dose (1g - 3g)

PURPOSE: More apparent effects, psychedelic experience.

COMMON EFFECTS (DOSE-DEPENDENT):

- Mood enhancement, euphoria, and mild to moderate visuals
- Increased empathy and conversational fluidity
- Deep introspection
- Enhanced sensory perception
- Experiential changes
- Increased creativity
- Amplification of mood and altered perception of sound
- Time perception changes
- Difficulty focusing or in socializing



Macrodose (3g - 5g)

PURPOSE: Full psychedelic experience with marked alterations to perception.

COMMON EFFECTS (DOSE-DEPENDENT):

- Life-changing introspective insights
- Increased idea flow and appreciation for music and art
- Humor in mundane things
- Clear, defined stages of come-up, peak, and come-down
- Amplified emotions and visuals
- Synesthesia
- Sensitivity to light, yawning, disorientation
- Time perception loss
- Disorientation and compromised motor functions
- Potential for fear, anxiety, cognitive difficulty, dizziness, nausea



Hero Dose (5g+)

PURPOSE: Intense psychedelic experience with total loss of reality connection.

COMMON EFFECTS (DOSE-DEPENDENT):

- Mystical experiences and deep wonder
- Life-changing insights and ego death
- Strong psychedelic visions and synesthesia
- Time perception loss
- Disorientation and compromised motor functions
- Strong fear and anxiety
- Extreme cognitive difficulty, dizziness, nausea



The MicroDays Microdose Experience

MicroDays specializes in low-dose psilocybin therapy, demonstrating significant positive outcomes for mental health and overall well-being. Each of our product categories are tailored for different levels of experience and desired intention(s) and outcomes, from mild mood enhancement to deeper introspection and social exploration.

MicroDays Psilocybin Product Profiles and Use:

If you are new to psilocybin, we suggest starting with our lowest dose category **EasyDays (60mg)**.

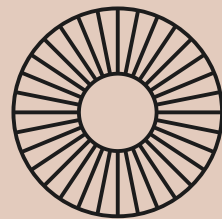
EasyDays is the ideal starting point for those new to microdosing. Starting here will ensure that you are able to function with ease as this dose has generally imperceptible effects while providing all the benefits of microdosing on the sub-perceptual level.

If you have experience with psilocybin, then our popular **FocusDays (125mg)** or **BetterDays (200mg)** microdoses may be the right choice for you. For experienced psilocybin users seeking a deeper experience, our **DivineDays (300mg)** and

PartyDays (175mg - 875mg) (take up to 5 capsules for the full dose of 875mg) offerings might be a good option for you.

All of the MicroDays products with the exception of PartyDays capsules, contain a blend of psilocybin-active mycelium Semperviva and Psilocybe cubensis. The addition of Semperviva softens the transition of felt microdose effects as well as helps to ensure our products land gently in the stomach, preventing any nausea that can occur with other psilocybin-containing products. Carefully curated, this special blend of Semperviva and cubensis contains all the ingredients necessary for a truly sublime microdose experience.





MicroDays Psilocybin Product Profiles



EasyDays

PSILOCYBIN: 60mg

HAPPINESS | RELAXATION | SELF-MANAGEMENT

PRODUCTS: Capsules, Chocolate Bars, and Truffles + Bonbons.

INTENSITY: Sub-perceptual effect.

GENERAL EXPERIENCE: Delicate mood enhancement. Function with ease. Imperceptible effects. Our lowest dose, EasyDays is the ideal starting point for those new to magic mushroom microdosing.

DOSE: Indulge in one capsule or piece for a delicate mind-body link. Gradually add more for heightened effects.



FocusDays

PSILOCYBIN: 125mg

CALM | FOCUS | VITALITY

PRODUCTS: Capsules, Chocolate Bars, and Truffles + Bonbons.

INTENSITY: Perceptual effect.

GENERAL EXPERIENCE: Subtle shift in mood, increased connectivity, access to motivation. Ideal for exploration. FocusDays offers a gentle introduction to perceptual magic mushroom microdosing making it an ideal starting point for those exploring the world of enhanced focus.

DOSE: Indulge in one capsule or piece for a gentle mind-body connection. Gradually add more for heightened effects.



BetterDays

PSILOCYBIN: 200mg

WELL-BEING | STRESS MANAGEMENT | CREATIVITY

PRODUCTS: Capsules, Chocolate Bars, and Truffles + Bonbons.

INTENSITY: Discernible effect.

GENERAL EXPERIENCE: Moderately Psychoactive, heightened senses, access to deeper connection. Perfect for those seeking a slightly higher experience. BetterDays is an excellent choice for individuals familiar with magic mushroom microdosing looking to explore a moderate dose.

DOSE: Indulge in one capsule or piece for an amplified mind-body connection. Gradually add more for heightened effects.



DivineDays

PSILOCYBIN: 300mg

ENERGY | SELF-AWARENESS | INSPIRATION

PRODUCTS: Capsules, Chocolate Bars, and Truffles + Bonbons.

INTENSITY: Noticeable effect.

GENERAL EXPERIENCE: Euphoric shift in perception, a general sense of softening, access to deep creativity. Made for a deeper experience, DivineDays is perfect for those ready for a more intense magic mushroom microdosing journey.

DOSE: Indulge in one capsule or piece for a gently transcendent experience. Gradually add more for heightened effects.



PartyDays

PSILOCYBIN: 175mg - 875mg

ENLIVEN | LAUGH | DANCE

PRODUCTS: Capsules (up to 5 for maximum (875mg) dose).

INTENSITY: Discernible to hallucinogenic effect.

GENERAL EXPERIENCE: Dose dependent – energized, heightened senses, euphoric. Your ultimate companion on the dance floor and whenever you're vibing with buddies, wherever you go. Swap out the typical drinks for PartyDays—our scooby microdose mushrooms.

DOSE: Begin with one or two capsules and then gradually increase to your desired effect up to a full dose of 5 capsules.

MicroDays Functional Mushroom Product Profiles

For everyday use or just days off from microdosing, these non-psychoactive functional mushrooms support overall wellness and deliver a long list of powerful benefits. For the full list of benefits see DefenderDays product details on the MicroDays website [LINK](#).



Chaga



Cordyceps



Lion's Mane



Reishi



Turkey Tail



Daily Defender



DefenderDays

PSILOCYBIN: 0mg

PROTECT AGAINST AGING | STRENGTHEN IMMUNITY | IMPROVE COGNITIVE FUNCTION AND MORE

PRODUCTS: Capsule lineup: Chaga, Cordyceps, Reishi, Lion's Mane, Turkey Tail, and 5 Mushroom Blend Daily Defender. Daily Defender also available in Chocolate Bars and Truffles + Bonbons.

INTENSITY: No psychoactive effect whatsoever.

BENEFITS: These medicinal mushrooms provide immune system support, improve cognitive function, work to balance mood, help manage stress, and enhance energy.

USAGE: Intended for everyday use as well as days off from magic mushroom microdosing to support overall wellness and provide non-psychoactive benefits. Each capsule contains 500mg of functional mushrooms and 0mg of psilocybin. DefenderDays Chocolate Bars and Truffles + Bonbons contain 300mg of 5 Mushroom Blend Daily Defender per piece.

CATEGORY	PSILOCYBIN	INTENSITY	EFFECTS
DefenderDays	0MG	No psychoactive effect whatsoever	Functional mushrooms: Protect against aging, strengthen immunity, improve cognitive function
EasyDays	60MG	Sub-perceptual effect	Delicate mood enhancement
FocusDays	125MG	Perceptual effect	Subtle shift in mood, increased connectivity, access to motivation
BetterDays	200MG	Discernible effect	Moderately psychoactive, heightened senses, access to deeper connection
DivineDays	300MG	Noticeable effect	Euphoric shift in perception, a general sense of softening, access to deep creativity
PartyDays	175-875MG	Discernible to Hallucinogenic effect	Dose dependent: Energized, heightened senses, euphoric



Common Microdosing Protocols

THE FADIMAN PROTOCOL:

Start with 30mg - 200mg, cycling one active dosing day followed by two integration days. Continue for four weeks, then take a two-week break.

THE STAMETS STACK PROTOCOL:

Suitable for experienced microdosers, involves four active dosing days followed by three days off. Continue for four weeks, then take a two-week break.

NOTE: We recommend supplementing with products from our functional mushroom lineup, DefenderDays, for days off from microdosing. Incorporating functional mushrooms into your protocol will boost overall wellness while also encouraging the uptake of positive microdose effects by providing powerful adaptogenic support where your body most needs it.



The Fadiman Protocol

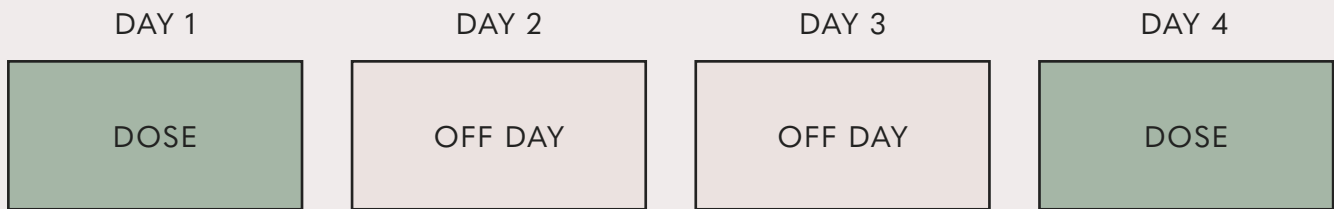
A STRUCTURED MICRODOSING APPROACH

This protocol recommends a cycle of dosing and resting, balancing the benefits of psilocybin with the body’s natural rhythms. This protocol is based on established science regarding psilocybin’s rate of metabolism, and allows you to get the best value out of your microdose purchase. We recommend that new users try this approach first.

HOW IT WORKS:

This protocol involves a cycle of dosing and resting to optimize benefits and minimize tolerance build-up. This widely-used protocol, developed by Dr. James Fadiman, suggests:

- **Dose:** Take your chosen MicroDays product in a safe environment free from major obligations considering your set, setting, and intention(s).
- **Observe and Take Note:** Track and journal about your experience.
- **Rest Days:** Follow with two days off from microdosing, incorporating DefenderDays functional mushroom products into your routine.
- **Adjust:** Based on your observations, adjust the dose as necessary aiming for the sweet spot that aligns with your intention(s) and goals.
- **Repeat:** Continue this cycle for four weeks and then take two weeks off from dosing.



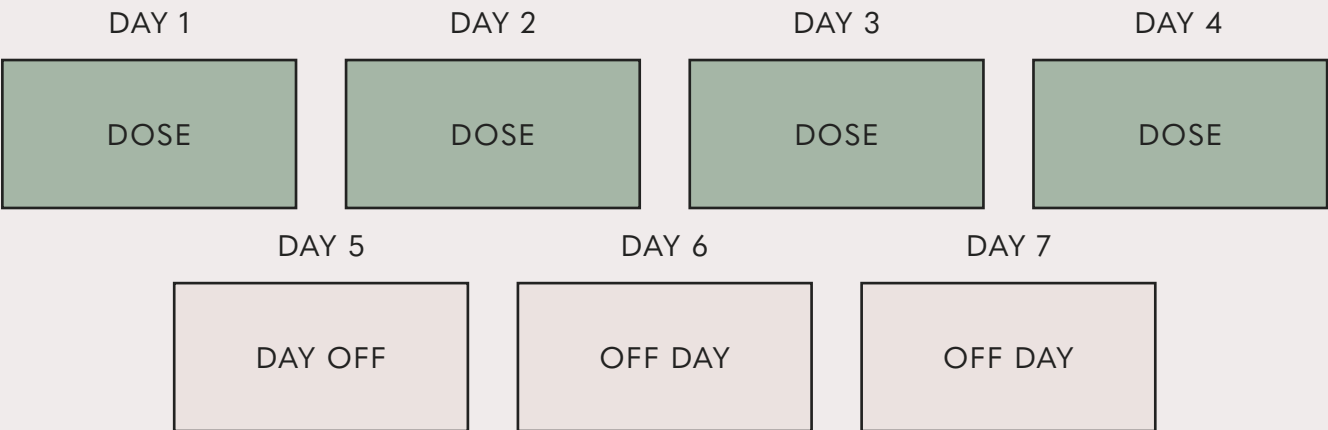
The Stamets Stack Protocol

A MORE FREQUENT MICRODOSING APPROACH

After first experimenting with the Fadiman Protocol, you can then adapt to a more frequent dosage such as Stamets Stack Protocol. This protocol recommends a cycle of prolonged dosing (four days) and resting (three days) while supplementing with functional mushrooms especially Lion’s Mane and other supplements such as niacin. Stamets claimed that the neurological benefits of microdosing are compounded up to three times when together with Lion’s Mane and niacin in this way. This is recommended especially for those who experience shorter-term benefits from microdosing and want to extend the time in the dosing phase of the protocol.

HOW IT WORKS:

- **Dose Four Days On:** Take your chosen MicroDays product always considering your set, setting, and intention(s) for four consecutive days.
- **Observe and Take Note:** Track and journal about your experience.
- **Adjust:** Based on your observations, adjust the dose as necessary aiming for the sweet spot that aligns with your intention(s) and goals.
- **Rest Days:** Follow with three days off from microdosing, incorporating DefenderDays functional mushroom products into your routine.
- **Repeat:** Continue this cycle for four weeks and then take two weeks off from dosing.



A NOTE ABOUT ALL PROTOCOLS

Neither of these protocols is better than the other, choose one based on your observed microdose effects and desired intention(s). What matters across the board with microdosing is that microdosers take periodic breaks from microdosing in order to reset tolerance and allow time for the body to metabolize and excrete psilocybin. Here is Paul Stemets talking about the importance of “renormalizing” receptors with microdose breaks: [VIDEO LINK](#)





CHAPTER FIVE

Integration and Community

Integration and Community

Integration of your microdose experiences are as important as the microdosing itself. We emphasize the importance of integration processes such as rest days, journalling, mindfulness and meditation practices, movement, etc., as well as community connection in our multifaceted approach to microdosing and holistic health. Below we will explore these aspects in more detail.

What to Expect Over the Course of Your Microdose Journey:

The right microdose should make you feel just like yourself, on a really good day. Usually an hour or two after microdosing, users report increased happiness, greater relaxation, sense of calm, and access to creativity and connection as well as improved focus and energy levels. Often sub-perceptual or barely-perceptible, these subtle shifts can add up to more noticeable trends over time. Below is a list of positive effects generally reported by microdosers.

- **Enhanced Creativity:** easier access to creativity, enhanced problem-solving abilities, and novel perspectives on tasks or projects.
- **Improved Focus and Productivity:** heightened

focus and higher productivity outcomes without significant cognitive impairment.

- **Mood Enhancement:** improved mood, reduced anxiety, and increased felt sense of well-being.
- **Mindfulness and Emotional Awareness:** emotional attunement and presence.
- **Cognitive Benefits:** a sense of elevated cognitive ability such as faster memory recall and sharpened mental clarity (scientific evidence here is limited and more studies are required).

The positive after effects of psilocybin use are generally referred to as “after glow” and these can last days or weeks. Often microdosers report improved mood and outlook and a general sense of opening and connectedness.



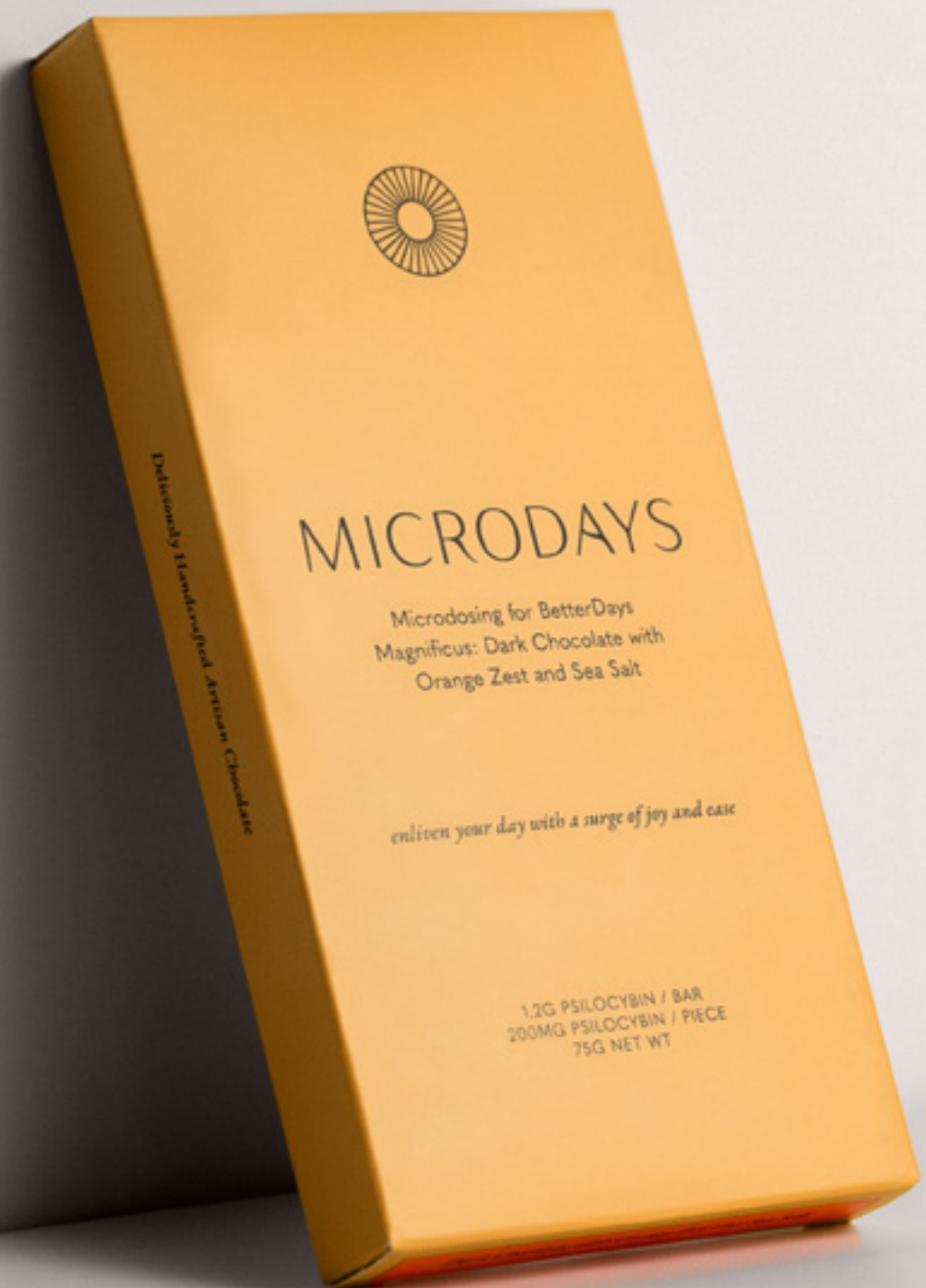
The Positive After Effects

Even one-time experiences with psilocybin can have lasting positive effects according to many different sources. In one recent study at Johns Hopkins

Medicine, an astonishing 94% of participants who had a single dose of psilocybin said it was “one of the top five most meaningful experiences of their lives.” Interestingly, in this same study, participant claims of positive effects were also backed up by observations made by their colleagues and loved ones.

Another study found positive changes in perceived “openness” still apparent more than 12 months after a single psilocybin dose.

The benefits of psilocybin microdosing are currently being studied all over the world with very promising findings. Stay tuned for more evidence of the transformational power of microdosing.



Daily Result Tracking and Journaling

Tracking the results of your microdose journey is vital to your own understanding of its impact on your daily life and activities, your ideal dose strength, and the short and long-term effects. This requires a familiarity with your emotional well-being and the language needed to express it. The Emotional Guidance Scale can be a very useful tool to use for journaling and recording states of being. Here is a list of areas to consider when trying to isolate microdose effects.

- **Mentally:** Notice your mental activity, is it slower or faster than usual? Are your thoughts clearer or more convoluted? Do you have more or less internal dialogue than usual?
- **Creatively:** Do you feel more inspired? Have you felt more creative clarity? Are you able to tackle creative problems more easily?
- **Emotionally:** Have you been experiencing any new emotions or certain ones more often than usual? Are your emotions changing in quality, quantity, or duration?
- **Socially:** Do you feel more confident socially or

more withdrawn? Do you find yourself expressing yourself more easily with others? Do you feel less triggered by those around you? Do you feel more socially connected to strangers or people in your life?

- **Physically:** Move your awareness inward and try and become aware of the inner landscape. Without judgment try and track any physical changes you notice or areas of tension or healthy flow, take note.

- **Ability:** Are you able to pinpoint any changes in your ability to complete tasks within time frames? Are you able to focus for longer? Do you notice any changes in your perceived sense of time and what you can accomplish with it? Do you feel faster than usual?

- **Attitude:** How has your general outlook changed, if at all? Are you more likely to see the bright side of life than you were? Or do you feel more or less calm overall? Do you find yourself more or less fearful? Have you experienced increased feelings of oneness, interconnectedness, or universal love?



Setting Realistic Expectations

Microdosing can have profound impacts on mental, emotional, physical, and spiritual health. However, as with most herbal medicines, these effects can take some time to fully show themselves. Be patient with yourself and the process and set realistic expectations for your experiences as well as long-term outcomes.

Know that the journey may take some time but will be worth it.

While keeping that in mind, be assured that some of microdosing's greatest gifts emerge in the day-to-day unfolding of your life, how you experience routine, and what magic arises from a reconnection with the simple joys of regular life.

Be patient and give yourself the time and space to allow the journey to unfold organically.



Combining Microdosing with Lifestyle Practices

At MicroDays, we understand that microdosing can be an important aspect of holistic health. We provide the product, knowledge, and guidance for microdosing to be a pathway to greater self-compassion, connection, and zest for life. Along with microdosing, there are many ways to best support your personal development and growth.

Lifestyle practices such as meditation, mindfulness, journaling, movement, ensuring proper and adequate nutrition, etc., can go a long way in increasing microdose benefits and encouraging overall wellness.





The Role of Microdosing

in Personal Development

Know Thyself - Heal Thyself

We believe in the power of the plant medicine we supply. Studies have shown that the potential for psilocybin microdosing to uplift, treat, relieve, and nourish is immense. Microdosing allows us access to our inner worlds and through that exploration we begin to know ourselves. We understand that when we know ourselves, we can begin to heal ourselves.

Plant Medicine Simplified. Nurturing Growth. Inspiring Transformation.

Our products are gentle, delicious, and beautiful: they are intended to enhance mood, promote light-heartedness, and lend to connectivity and creation. All of this is part of our wider mission: to encourage self-paced personal growth that makes way for transformation. With our range of products from the delicate and sub-perceptual to the mildly euphoric and transcendent, this microdosing journey can be tailored to fit anyone.



CHAPTER SIX

Ethics and Sustainability

Ethical and Sustainable Practices at MicroDays

Where you get your plant medicine matters. We believe in the power of care and intention and consider every production detail so that you don't have to. MicroDays is committed to the highest quality products—sustainably sourced and ethically made.

MicroDays is a Canadian supplier of psilocybin and functional mushrooms. All of our mushrooms and mycelium are grown in-house by passionate fungiculturalists with over ten years experience in British Columbia, Canada, or sustainably wild harvested. Our heritage varieties are 100% organically grown with the utmost care. Cultivating all of our products in-house allows us to maintain strict quality control from the farm to

your doorstep without the addition of any unwanted fillers.

Our company is women owned. All of our capsules are vegan and gluten free. All of our chocolate is fair trade. We do not use any fake sugars, additives, preservatives or pesticides and all of our products are GMO free. Made with recyclable packaging.





CHAPTER EIGHT

Sources, Resources, and Support

Further Reading, Educational Materials, and Sources

- James Fadiman about The Future of Microdosing, Community, Citizen Science, and Selves | Interview 2021 [LINK](#)
- James Fadiman about Microdosing, Benefits, Risks and 'Search' | Interview 2019 [LINK](#)
- How to Change Your Mind by Michael Pollan [LINK](#)
- A Portal for Up-To-Date Psychedelic Research [LINK](#)
- Documenting the Complex Relationship Between Humans and Psychedelics: Erowid [LINK](#)
- Article: The Pressing Need for Everyone to Quiet Their Egos [LINK](#)
- Three Practices for Changing Your Thinking Patterns to Experience Different New Futures [LINK](#)
- Psilocybin Treatment for Major Depression Effective for up to a Year for Most Patients, Study Shows | Hub [LINK](#)
- Article: Neuroplasticity [LINK](#)
- Johns Hopkins Center for Psychedelic and Consciousness Research [LINK](#)
- Overview of Magic Mushrooms from Government of Canada Website [LINK](#)

Receive daily inspiration via Instagram [LINK](#)



Accessing Community and Professional Support

We would love to answer your questions or connect you with someone who can support you.

We have a network of coaches and counselors who are vetted and trusted companions on plant medicine healing journeys of many kinds. Contact us [HERE](#) to connect with experienced therapists who are able to facilitate plant ceremony sessions or who can work with you on your microdosing journey.

Reach out to our chat support for personalized guidance or email us at support@microdays.cc.



Addressing Common Questions

Please visit our FAQ section [LINK](#) on our website to answer your questions. You can also reach out to our chat support for personalized guidance at any time.



CHAPTER NINE

Disclaimer

Statement of Educational Purpose

This detailed manual outline provides a comprehensive guide for both beginners and experienced users of psilocybin. It combines in-depth information about magic mushrooms, dosing protocols, and safety measures. The guide is designed to be both informative and supportive, encouraging safe and responsible exploration of psilocybin.

**THIS GUIDE IS NOT A SUBSTITUTE FOR
PROFESSIONAL MEDICAL ADVICE**





moments like this are sweet

Exclusively Handcrafted Artisan Chocolates

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