

# BEGINNERS GUIDE TO MICRODOSING

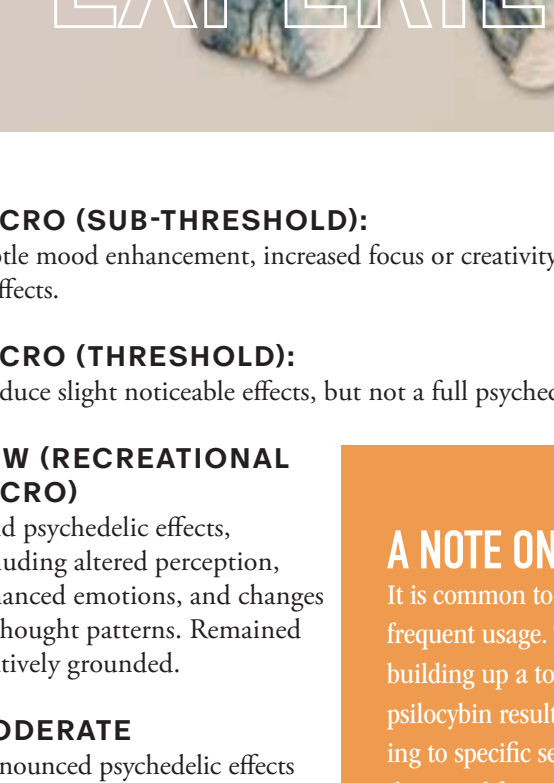
## UNLOCKING THE POWER OF MUSHROOMS

Imagine unlocking deeper self-awareness, greater focus, and emotional resilience—all through a natural partnership with sacred neurogenic mushrooms. At Always™, we blend ancient wisdom with modern science, offering a pathway to reconnect with your true Self.

This guide will introduce you to the transformative benefits of dosing, along with practical steps to safely incorporate this practice into your daily life, empowering you on your journey of healing and self-discovery.

## A REDISCOVERY OF "MAGIC MUSHROOMS"

For over 10,000 years, humans have turned to these so-called 'magic mushrooms' as allies in spiritual exploration, healing, and connection to the divine. However, the 'magic' isn't mere folklore—it's the result of multiple active alkaloids within these sacred neurogenic mushrooms, compounds we're only beginning to understand. While psilocybin and psilocin are the most studied, many others, like baecocystin, which play a role in the therapeutic and transformative effects. In fact, our third-party lab tests detect over 11 different alkaloids, each with unique properties and potential.



Despite this complexity, our knowledge remains limited, held back by restrictive laws, cultural stigma, and decades of prohibition. But a resurgence is underway. Today, with over 200 active clinical studies and renewed interest from scientific and spiritual communities alike, we're rediscovering the profound psychiatric, emotional, and physical benefits of 'magic mushrooms.'

With proper dosing, you can safely and accessibly experience these benefits, whether for enhancing social connection, creativity, and focus or addressing anxiety, depression, and deeper emotional work.

At Always™, we honor this timeless relationship by merging ancient insights with today's best practices, ensuring a safe, reliable, and transformative dosing experience.

### RISK FACTORS

Please consult a qualified healthcare professional before using psilocybin, especially if you or a close family member (first or second-degree relative) has been diagnosed with Schizophrenia, Bipolar Disorder, or any other psychotic disorder. Research indicates that psilocybin may increase the likelihood and intensity of psychotic episodes.

We also advise caution if you have a personal history of seizures. While current research is limited and does not confirm a significant risk in this area, it remains a potential consideration.

In addition, please exercise caution when using psilocybin alongside certain prescription medications, as interactions may vary in risk and intensity. Specific medications to avoid include:

- Atypical Antipsychotics
- SSRIs/SNRIs
- MAO Inhibitors
- Tricyclic Antidepressants

For a more comprehensive list of specific drug interactions, please refer to the appendix at the end of this guide.

### WHY MICRODOSE?

Microdosing has been shown to promote creativity, mindfulness, energy, and focus. It has also been shown to reduce symptoms of anxiety, depression and stress.[4] This practice if microdosing helps users connect their mind, body, and spirit, helping align within yourself and with the world around you.

**BUT WHAT IS A MICRODOSE?** A "microdose" is any dose (in this case, of Psilocybin) that is considered to be at or below "threshold," the point at which you start to experience psychedelic effects.

The specific dose varies from person to person, when and where it's consumed, and other factors like the interaction with food, caffeine, alcohol, and behaviors like exercise and sleep.

## SET AND SETTING

Your experience with psilocybin can be significantly influenced by the environment and circumstances under which it is consumed. Whether for recreational, medical, or experimental use, it is important to align the set and setting with your intentions. Note: The higher a dose you plan on consuming, the more crucial the set and setting become.[5]

- **SET:** Set refers to your mindset, intentions, mood and/or expectations.
- **SETTING:** Setting encompasses your physical environment, location, time, and the people around you.

Using a sub-threshold microdose approach, many have no issues going to work, driving a car, and going about their daily activities.

At a threshold dose, where you do feel effects consciously, be intentional about your activities - you may feel a bit "off" making small talk with strangers at social functions, for example.

### DOSING GUIDE

There are several factors to consider to find the right dose for you; your desired effect, intention, height and weight, metabolism, tolerance, experience with psychedelics, and the potency of the product you choose to take - refer to our strains profiles and dosing calculator[6] for more details.

It is important to note the difference between biomass and compound weight to ensure the right dose, both weights are listed on our packaging. Biomass refers to the total mass of the mushroom itself, and compound weight refers to the mass of the psychoactive compounds present such as psilocybin and psilocin.

## DEGREES OF PSYCHEDELIC EXPERIENCE

**MICRO (SUB-THRESHOLD):** Subtle mood enhancement, increased focus or creativity, but no noticeable psychedelic effects.

**MICRO (THRESHOLD):** Produce slight noticeable effects, but not a full psychedelic experience.

**LOW (RECREATIONAL MICRO)**

Mild psychedelic effects, including altered perception, enhanced emotions, and changes in thought patterns. Remained relatively grounded.

**MODERATE**

Pronounced psychedelic effects such as visual distortions, changes in consciousness, and altered sense of self. Still connected to reality but may have a slightly more intense experience.

**STANDARD**

A very full and meaningful psychedelic experience with significant effects in the body and on one's perception, cognition, and emotions.

**STRONG**

Tremendously intense with potentially overwhelming moments. Often accompanied by very deep introspection, ego dissolution, and vivid hallucinations.

**HEAVY ("HEROIC")**

Profound realizations and potentially life-changing, Revelatory insights, OBE/astral experiencing, timeless states, powerful cosmic or mystical awareness

**MEGADOSE**

Extremely formidable, generally risking loss of control, trauma, reactions, or other lasting effects. Navigated successfully is described as an ineffable, transformative experience.

### A NOTE ON TOLERANCE

It is common to build a tolerance with frequent usage. There is no danger in building up a tolerance, as the effects of psilocybin result from the compound binding to specific serotonin receptors, rather than modifying your neurotransmitter system itself. The only consideration with a tolerance is you may have to take higher doses to experience similar effects.

For reference, many in our community see continued benefits with our Everyday pills taking them every day for months on end without building up a significant tolerance.

**UNDERSTANDING POTENCY AND HOW IT'S MEASURED**

There are different ways to measure mushroom potency and not all purveyors of mushrooms use the same measurements. Always™ mushrooms are lab-tested for specific psychoactive compounds naturally occurring in the mushrooms. We go above and beyond with our testing and are, of course, very excited to share the results of our tests with our customers.

Because we have additional data on the active compounds, it can look confusing if you're used to seeing a different type of measurement. For instance, we will report on the weight of the biomass as well as the key compounds. These numbers are measuring different things.

Understanding the difference between biomass, fruiting body weight, and potency is essential for proper dosing. Before using any products made with therapeutic neurogenic mushrooms, it's important to understand how they will likely affect you.

**Biomass:** The total weight of the mushroom. This can include the part that grows above ground and is harvested, the root-like structure that supports the mushroom's growth, and even the material the mushroom grows in. Some other growers include all these elements in their products' weight, blending the mycelium with the fruiting body. This dilutes the purity and potency, reducing the intended therapeutic effects.

**Fruiting body weight:** The weight of this mushroom (excluding the root structure). This weight gives us an idea of the mushroom's size, but it doesn't indicate its potency.

**Potency:** The concentration of key active compounds, such as psilocybin, psilocin, baecocystin, and other alkaloids. Potency varies across species and even between individual mushrooms of the same species.

A larger mushroom doesn't always mean a stronger effect, just as a smaller one can sometimes pack more potency.

At Always™, we use only pure, organic fruiting bodies (where the highest concentration of active compounds are found) in our products to ensure the highest quality and efficacy. We test each product for potency, ensuring reliable dosing information.

## POTENCY RESULTS

All of our products are tested by a third-party laboratory and we share the report of their potency with you. We share this by including all active compounds as a ratio to the fruiting body weight.

For example, this might look like 9.0 mg/g for psilocybin and 0.5 mg/g for psilocin (milligrams of active compounds for every gram of fruiting body weight).<sup>\*</sup> Combined (= 9.5 mg/g), these measurements give you a clear understanding of each product's total overall strength.

**Regarding Active Compounds** Knowing each individual alkaloid's weight can provide additional guidance.

**Psilocybin** is a prodrug that converts to psilocin in the body. Psilocin is what produces psychoactive effects. This conversion process can take 30-60 minutes to feel.

Since **psilocin** does not require additional conversion in the body, strains with higher psilocin content can have a faster onset—often within 10-15 minutes.

On our packaging, the listed psilocybin and psilocin concentrations help you gauge how quickly you may feel the effects, with higher psilocin content indicating a faster onset.

*Note: While there are other active compounds in mushrooms, Psilocybin and Psilocin are the primary alkaloids and have sufficient, research-backed information, so they are the only compounds listed for potency guidance.*

## PROTOCOLS

Whether it is a heroic trip, or a regimented microdosing schedule, listen to your body, mind, and intuition. Many have found the following protocols helpful to guide their experience.

**FADIMAN PROTOCOL:** Recommended for beginners, the Fadiman Protocol is a well-known method developed by James Fadiman. It consists of a 3-day cycle repeated over 4-8 weeks. On one day, individuals microdose, followed by two days of rest before repeating the cycle.



**TWO FIXED DAYS A WEEK PROTOCOL:** This protocol involves microdosing on two specific days each week with at least one normal day between doses. It is typically followed for 4-8 weeks to observe effects and benefits consistently



**EVERY OTHER DAY PROTOCOL:** Microdosing every other day for a month constitutes the Every Other Day Protocol. It involves alternating between microdose days and rest days to maintain a regular dosing schedule.



**PAUL STAMETS PROTOCOL:** The Paul Stamets Protocol suggests microdosing for four consecutive days followed by three days off each week, maintained for one month. Additionally, Stamets Stacking involves combining psilocybin with niacin and Lion's Mane for enhanced cognitive benefits.



**NIGHTCAP MODIFICATION:** The Nightcap modification offers an alternative to daytime microdosing by consuming a microdose before bed. It can be adjusted to fit any of the previously mentioned schedules, with the only difference being the timing of consumption one hour before bed.

*\*"This is a great option for those who experience daytime fatigue while microdosing. This timing can enhance dream vividness and promote a more rested awakening compared to daytime ingestion."*

## TRACKING EFFECTS

It is totally acceptable to trip and microdose casually, in fact, we encourage it! However, if your intention is medicinal, we recommend the following strategies to track your experience and make instrumental changes to maximize microdosing's benefits.



**JOURNALING** Keep a detailed journal noting dosage, mood shifts, and productivity levels before and after microdosing sessions to observe patterns and changes over time.

**QUANTITATIVE MEASURES** Utilize mood rating scales or cognitive assessments[4] to objectively and quantitatively measure changes in mood, cognition, and productivity.

**Generalized Anxiety Disorder Questionnaire (GAD-7)** - This is the most widely used, reliable, and consistent questionnaire used by mental health professionals to track symptoms of anxiety

**Patient Health Questionnaire (PHQ-9)** - Similar to the above, but used to track symptoms of depression

**Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)** - As opposed to the other two, this questionnaire was created to track positive changes in mental health

**SELF-REFLECTION** Take time for introspection, noting subtle shifts in perception and awareness, and reflect on experiences without judgment to deepen understanding of microdosing effect.

## INTEGRATION

Integration is the process of incorporating insights gained from microdosing experiences into everyday life, fostering personal growth and development. It's essential because it allows individuals to translate the lessons learned during microdosing sessions into tangible actions and behavioral changes.

To integrate effectively, set intentions before each session, reflect on the experience afterward, and adapt your daily routines. The Multidisciplinary Association for Psychedelic Studies (MAPS) is the leading global non-profit research and educational organization that focuses on the therapeutic use of psychedelic substances such as, psilocybin, MDMA, LSD and others; we've provided our community with their integration guide on our homepage to guide your efforts.

## LOOKING AHEAD

Thank you for reading our guide and prioritizing your safety and well-being. If you've made a positive change in your life with our products, please complete our experiential survey to contribute to the advancement of our community and the life-altering experiences that magic mushrooms can provide!

## REFERENCES

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3. Freidel, Ninon, et al. "Psychedelics, epilepsy, and seizures: A Review." *Frontiers in Pharmacology*, vol. 14, 12 Jan. 2024, <https://doi.org/10.3389/fphar.2023.1326815>.
4. Rootman, Joseph M., et al. "Adults who microdose psychedelics report health related motivations and lower levels of anxiety and depression compared to non-microdosers." *Scientific Reports*, vol. 11, no. 1, 18 Nov. 2021, <https://doi.org/10.1038/s41598-021-01811-4>.
5. Palmer, Madelene, and Olivia M. Maynard. "Are you tripping comfortably? Investigating the relationship between harm reduction and the psychedelic experience." *Harm Reduction Journal*, vol. 19, no. 1, 24 July 2022, <https://doi.org/10.1186/s12954-022-00662-0>.
6. "Dosage Definitions." Church of Ambrosia, 22 Oct. 2023, [ambrosia.church/magic-mushrooms/levels/](https://ambrosia.church/magic-mushrooms/levels/).



## APPENDIX: MEDICATION INTERACTIONS

Consult your doctor about potential interactions with the following medications.

**SSRIs/SNRIS:** Fluoxetine (Prozac), Sertraline (Zoloft), Escitalopram (Lexapro), Paroxetine (Paxil), Citalopram (Celexa), Venlafaxine (Effexor), Duloxetine (Cymbalta), Fluvoxamine (Luvox), Desvenlafaxine (Prisqli), Milnacipran (Savella), Levomilnacipran (Fetzima)

**MAO INHIBITORS:** Phenyline (Nardil), Tranylcypromine (Parlante), Isocarboxazid (Marplan), Selegiline (Emsam), Rasagiline (Azilect), Moclobemide (Aurorix)

**TRICYCLIC ANTIDEPRESSANTS:** Amitriptyline (Elavil), Nortriptyline (Pamelor), Imipramine (Tofranil), Desipramine (Norpramin), Doxepin (Sinequan), Clomipramine (Anafranil), Trimipramine (Surmontil), Amoxapine (Asendis), Protriptyline (Vivactil)

**ATYPICAL ANTIPSYCHOTICS:** Aripiprazole (Abilify), Aripiprazole (Seroquel), Olanzapine (Zyprexa), Risperidone (Risperdal), Ziprasidone (Geodon), Clozapine (Clozaril), Paliperidone (Invega), Asenapine (Saphris), Lurasidone (Latuda), Iloperidone (Fanapt)



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