

SPORE & CO
Guide

The emerging trend of microdosing has many intrigued about its health benefits.

Microdosing Explained: Your Comprehensive Guide on How to Microdose Psilocybin Effectively

This guide is crafted to explore its potential impacts and applications, offering a concise introduction to those seeking to enhance their well-being through this practice.

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Commitment, Structure and Intention

Spore & Co is dedicated to enhancing lives and overall well-being through psychedelic mushrooms - beginning with microdosing. Yet, it's crucial to remember that microdosing and psychedelics - despite the name, are not a quick or magical solution.

While microdosing can illuminate certain thought patterns, the real work lies in integrating these insights into your life. Microdosing offers mental, emotional, and physical benefits, but achieving desired outcomes requires working in harmony with the medicine, your mindset, and your environment.

Like any beneficial habit, microdosing demands commitment, structure, and intention. For both newcomers and veterans of microdosing, guidance and a structured approach are invaluable.

We are committed to not only guiding you through the transformative journey of microdosing but also ensuring you have access to the highest quality products.

For those concerned about sourcing, look no further than Spore & Co's Products.

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Our approach involves creating carefully dosed, high-quality psilocybin products that ensure safety, consistency, and accessibility for those interested in exploring the benefits of microdosing with psychedelic mushrooms.

By adhering to rigorous standards and embracing a holistic view of wellness, Spore & Co is helping to pave the way for a new era of psychedelic medicine.



**Enjoy Our Guide
Mush Love**

What's the History of Magic Mushrooms?

Magic mushrooms, known scientifically as psilocybin, have been used across various cultures for centuries, serving recreational, medicinal, and spiritual purposes.

Historically, these mushrooms have played a significant role in the spiritual practices of indigenous groups throughout Latin America, such as the Mixtecs, Mazatecs, Nahuas, and Zapotecs. Their use also extends back to ancient civilizations in Egypt and Greece.

The modern Western world was reintroduced to psilocybin in 1955 through Maria Sabina, a healer from Oaxaca, who shared her sacred velada ceremony with R. Gordon Wasson and his wife, Valentina. Wasson, a J.P. Morgan. The 1960s and 1970s saw a surge in the recreational use of magic mushrooms, symbolizing the countercultural movement. However, the ensuing "War on Drugs" initiated by President Nixon led to strict regulations and a halt in psychedelic research.

After decades of prohibition, the early 2000s marked a turning point, with the U.S. government permitting controlled studies on psilocybin. Johns Hopkins Psychedelic Research Unit, among others, has spearheaded research into psilocybin's potential to treat conditions like depression, anxiety, addiction, PTSD, and more.

This resurgence, known as the Psychedelic Renaissance, signals a shift towards recognizing and utilizing the therapeutic benefits of psychedelics. With a growing body of research from prestigious institutions, we are witnessing a paradigm shift in how mental health crises are approached, highlighting a holistic view of psychedelic medicine's potential.

In recent years, millions of Americans have gained legal access to psilocybin through a variety of innovative avenues. Retreats and coaching programs have emerged, offering guided experiences in supportive environments. Meanwhile, changes in legislation and growing acceptance have made it possible for individuals to cultivate their own psilocybin mushrooms for personal use, democratizing access to these transformative substances.

Now in more current times, companies like Spore & Co are at the forefront of this movement, developing revolutionary products that support and enhance the microdosing experience.

Microdosing vs. Macro dosing: What's the Difference?

Microdosing is a term used to describe a very small dose of any drug — not only magic mushrooms.

A typical "normal" dose of magic mushrooms to reach a psychedelic state is typically close to 2.0 - 6.0 grams. A microdose would range between 0.25 to 0.5 gram.

Microdosing has been described by medical studies as a sub-perceptual experience, meaning you aren't meant to feel "high" or the hallucinogenic effects of the mushrooms, and can provide many benefits including increased creativity, mood, focus, and productivity.

A macrodose is simply a full dose or a high dos. A macrodose of psilocybin might start at 3.5 milligrams and go up from there, depending on how hallucinogenic a user may want their experience to be.

Some users may take upwards of 5 or more grams in one sitting, though we don't recommend that to anyone who is new to psychedelics, as many adverse outcomes may occur if not done in a safe set and setting, with preparation and intention.

| MYCRO | MINI | MUSEUM | MODERATE | MACRO | MEGA | HEROIC |
|------------------------------------|------------------------------------|-------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|----------------------------------|
| 0.1 - 0.3 g 100 - 300 mg | 0.3 - 0.5 g 300 - 500 mg | 0.5 - 1.0 g 500 - 1000 mg | 1.0 - 2.0 g 1000 - 2000 mg | 2.0 - 3.5 g 3000 - 3500 mg | 3.5 - 5.0 g 3500 - 5000 mg | 5.0 g or More 5000 mg+ |
| Sub-perceptual | Brighter Colors | Perceptible, but managable | Kaleidoscopic Visual | Strong Effects | Heavy Sensory Input | Extremely Intense |
| Increased Concentration | Improved Mood | Mild Euphoria | Mild Hallucinations | Strong Hallucinations | Mild Reality Disconnect | Ego Dissolution |
| Enhanced Creativity | Light & Fluffy | Child-like Playfulness | 3D Closed Eye Visuals | Visual & Auditory | Out of Body Experience | Complete Disconnect from Reality |

MICRODOSING 101: What is Microdosing?

First and foremost, before starting any microdosing protocol, it's prudent to seek advice from a medical professional.

Microdosing has emerged as a popular method for individuals seeking to harness the subtle and progressive benefits of psychedelic mushrooms.

Microdosing is the practice of taking tiny, non-hallucinogenic doses of substances like psilocybin mushrooms, small enough to be below the threshold of conscious perception.

The beauty of microdosing lies in its ability to offer a gentle introduction to the potential improvements psilocybin can provide, from cognitive enhancement to emotional well-being, all while maintaining your regular routine.

To facilitate a straightforward microdosing experience, Spore & Co offers microdosing products, designed for those interested in exploring the world of psychedelic mushrooms with precision and confidence. Making it an excellent way to embark on a journey of discovery and personal growth.

Key Benefits of Microdosing with Psychedelic Mushrooms

Enhanced Mental Clarity and Productivity: Microdosers often report a significant boost in alertness and the ability to tackle tasks with increased efficiency.

Boosted Concentration and Focus: The subtle effects of microdosing can lead to improved focus, making it easier to remain engaged in activities and projects.

Improved Decision Making: With a clearer sense of purpose, individuals find themselves making decisions that positively impact their well-being and life satisfaction.

Emotional Regulation: Many find that microdosing helps in managing emotions, significantly reducing feelings of depression, anxiety, and stress, leading to a more balanced mood.

Increased Creativity and Openness: An uplift in creative thinking and openness to new experiences is a commonly cited benefit, opening doors to innovative problem-solving and artistic expression.

Decreased Procrastination: By enhancing motivation and focus, microdosing can help overcome procrastination, allowing for a more productive and fulfilling life.

Is Microdosing Safe?

Microdosing is generally regarded as a safe practice when conducted responsibly and under professional advice. However, it's crucial to note that it might not be suitable for everyone.

Psilocybin mushrooms stand out for their safety profile; they are inherently non-toxic, making it extremely unlikely to experience physical overdose from their consumption. These naturally occurring fungi differ significantly from many synthetic substances in that they are not toxic, lethal, or habit-forming.

While consuming large quantities of mushrooms can lead to intense psychological experiences, they do not pose a risk of physical overdose and are not known to be addictive.

At Spore & Co, we prioritize your safety and the integrity of your microdosing journey. Our Mycro Tablets are crafted to ensure a controlled and precise microdosing experience. We use high-quality, legally sourced ingredients and adhere to strict manufacturing guidelines to provide a product you can trust.

With Spore & Co's Mycro Products, embarking on a microdosing regimen becomes more accessible, allowing you to explore the benefits of psilocybin with confidence and peace of mind.

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Microdosing Levels & Effects

Not sure how much psilocybin to take? We get it. Magic mushrooms don't come with instructions and it can be intimidating to know where to start. While everyone's body is different, we've defined a few parameters to help get you started.

Regardless of the dose you take, please always have someone there with you supervising you that is not under the influence: a trip sitter, therapist, facilitator, or trusted and experienced friend.

Microdose: 0.2 to 0.5 Grams

A microdose of magic mushrooms is a small dose that won't result in a hallucinogenic experience, also known as a sub-perceptible dose.

Most people who microdose psilocybin do so to reduce the symptoms of mood disorders, such as depression, anxiety, and stress. Or, to optimize their performance with increased focus and creativity.

A microdose of mushrooms is only 0.1 - 0.5 grams. For most people, it is typically 0.1 - 0.2 grams. Your tolerance is impacted by your protocol and your experience with macro-doses, among other factors.

Microdosing Timed Effects

Set your routine. We suggest 4 days on, 3 days off and we recommend no more than 6 capsules in a 12 hour period.

FADIMAN MICRODOSING SCHEDULE



STAMETS MICRODOSING SCHEDULE



Timing & Effects

Set your routine. We suggest 4 days on, 3 days off and we recommend no more than 6 capsules in a 12 hour period.

In the first half-hour, the dose begins its work, gently lifting mood and energy levels like a whisper of change in the wind.



30 MIN

At the 45-minute mark, a subtle euphoria embraces you, bringing with it a newfound sense of calmness, as if the world's worries have taken a step back.



45 MIN

Between the 1 to 4-hour window, your focus sharpens, like the plot of a thrilling story keeping you engaged and attentive to the tasks at hand.



1-4 HOURS

Beyond the 4-hour mark, a lasting state of emotional balance and tranquility settles in, and akin to the resolution in a well-crafted tale, leaving you with a sense of contentment and inner peace.



4+ HOURS

Final Tips For Microdosing

Start Small, but Consistent: Begin with a low dose – one capsule. Consistency is key. Take no more than one on the same day.

Create a Ritual: Make it a part of your daily routine. Perhaps take in the morning with a glass of water. Create a ritual that signals to your brain that it's time to focus, create, and find your inner calm.

Mindful Presence: Embrace the power of mindfulness. During your day, find moments to pause, take a few deep breaths, and center yourself.

Drink plenty of water: It's important to stay hydrated when taking any supplement, including.

Be patient: It may take a few weeks to feel the full effects. Be patient and consistent with your dosage, and you'll eventually start to notice a difference.

Keep a journal: Journaling can be a great way to track your microdose experiences and identify any patterns or trends.

Going Beyond Microdosing

Mini Dose: 0.3 to 0.8 Grams

0.5 to 2 grams of mushrooms is considered a low dose.

Unlike microdosing, this dosage should offer some mild effects, likely a euphoric state and sensory experiences. Depending on the strain, you can expect to feel the effects for anywhere from 2 - 8 hours, so plan accordingly.

You can expect to feel light, euphoric, and may see visuals. This is often beautiful when in nature, and comes through bright, vivid colors, and smiling trees.

Your judgment may be impaired, so it's not recommended to take a low dose of magic mushrooms if you're planning on driving, going to work, taking care of children, or hosting a board meeting.

Museum Dose: 0.5 to 1.5 Grams

A medium dose of magic mushrooms is 2 to 3 grams of dried mushrooms.

This dosage may offer all the effects of a low dose with some hallucinogenic symptoms. You may feel euphoric and sensory experiences — just more intensely. You may see brighter colors, more movement, and some visible alterations that aren't really there. You can expect to have interesting, new thoughts enter your mind.

Moderate Dose: 2.0 to 3.5 Grams

3 to 5 grams of mushrooms is considered a high dose of magic mushrooms.

If you're taking magic mushrooms for a mind-altering experience, you may want to take this dosage. You will likely experience hallucinations and sensory distortions (objects may appear larger than they actually are, objects will change, the room may darken or lighten, or visual details may become distorted).

You may also experience cross-sensory experiences, such as seeing sounds or smelling colors, an experience known as synesthesia.

Mega Dose: 3.5 to 5 Grams

A very high dose of psilocybin is called a “heroic” dose or a “committed” dose. Ethnobotanist Terance McKenna (a supporter of psychedelic research) coined both of these terms. Five grams of psilocybin (or more) will produce the most dramatic effects.

People who take five grams or more of magic mushrooms may experience full ego death and loss of reality. If you’re planning on taking this high of a magic mushroom dose, you’ll most certainly want to be supervised (by a trip sitter, guide, therapist, doctor, or a trusted friend with psychedelic experience). You’ll want to be in a safe, calm, and quiet place—a heroic dose of mushrooms is not a social experience.

Yet, psychedelic supporters (like McKenna) argue that taking such a high dose can also have the most significant effects.

Heroic Dose: 5+ Grams or More

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Thank You For Reading Our Guide!

We hope this guide has illuminated your path as you explore the realm of microdosing.

It's our pleasure to support those embarking on this transformative journey. May the insights you've gained open new doors to wellness and personal growth!

Should you have any lingering questions or wish for deeper understanding, don't hesitate to visit our website at www.sporeandco.com for more articles, tips and more.

As a token of our appreciation for downloading this eBook, we're excited to offer you an exclusive, limited-time discount.

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Research Around Psychedelic Mushrooms

Research supports these anecdotal reports, with studies indicating that microdosing psychedelic mushrooms can lead to improved mood and concentration.

A notable 2019 study involving 278 participants highlighted these mental health improvements, showing a decrease in symptoms of depression and anxiety among microdosers.

<https://harmreductionjournal.biomedcentral.com/articles/10.1186/s12954-019-0308-4>

<https://www.frontiersin.org/articles/10.3389/fpsy.2019.00672/full>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6364961/>

Possible Side Effects from Microdosing Psilocybin

Researchers found that 4% of users reported less than positive experiences with microdosing in their paper "Might Microdosing Psychedelics Be Safe and Beneficial? An Initial Exploration".

While 4% is a low number, it's important to normalize that less than positive experiences can happen. Yes, you want to feel great, and you should. That comes with some self-care and self-work, as well. Just like the benefits can happen on different levels, a side effect can represent a lesson to be learned.

It may not be as obvious as its physical representation can suggest (like a headache or fatigue). You may be going through physically or emotionally challenges, or maybe both and microdosing can bring a new personal awareness that brings these challenges to the surface.

Here are some rare side effects you might face: fatigue or brain fog due to emerging emotional/physical needs; physical discomforts like changes in body temperature, digestive issues, or tingling; building a tolerance to psilocybin; difficulties adjusting to changes in consciousness and perception; surfacing of negative emotions, thoughts, or traumas; decreased focus; mood changes; feelings of disconnection or wanting to find a more authentic self; restlessness; and physical risks like nausea, headaches, or more anxiety.