

MICRODOSING PROTOCOLS

A **microdose** is meant to be sub threshold or “sub-perceptual” – meaning you cannot perceive the effects. Compounds typically used for microdosing include psilocybin mushrooms or LSD. For example, 0.1 to 0.2 grams of dried psilocybin mushrooms is approximately 5-10% of a standard dose. Compounds that should not be used for microdosing include but are not limited to ketamine or MDMA.

Reported benefits: Reduced anxiety and depression, stabilized mood, enhanced creativity, regeneration of visual and auditory neurons, reduced irritability, relief from PTSD symptoms, reduced incidence of neuropathy, increased ability to socialize, empathize, and feel courageous, mediated effects of aging on the brain, enhanced self-awareness, greater sense of interconnection.

Common Protocols

1. **Fadiman Protocol** (known as “beginner’s protocol”)

- 1 day on / 2 days off

2. **Stamets Stack (Stamets Protocol)** (reportedly enhances neurogenic benefits)

- Lion’s Mane 5-20 grams fresh or 50-200 milligram extract (nerve and memory support)
- Niacin (B3/nicotinic acid): 100 - 200 milligrams. Niacin is known to support the nervous system, digestive system, skin (converts calories eaten into usable energy). It is also a vasodilator - distributes benefits of psilocybin throughout body & carries GABA across blood brain barrier
- 4 days on / 3 days off

3. **Fixed Day Protocol**

- When microdosing every second or third day, the microdosing days fall on different days of the week each time. This is not suitable for everybody, and some might prefer a fixed scheme that matches with a weekly work or social routine. If that’s the case, it’s advisable to choose two fixed days in a week that fit your schedule best, and always keep at least one day between each microdosing days.

4. **Intuitive Microdosing**

- Another way of microdosing is to do it entirely intuitively, with only one rule: you always leave at least one day between the days you take a microdose. People who have followed any kind of microdosing protocol for one or two cycles often switch to a more intuitive way of microdosing.

Cacao can be a great addition to microdosing psilocybin. Note that cacao is an MAOI and will amplify potency of the plant medicine. It can also promote the absorption of active substances by the body. This food of the Gods contains natural fats and stimulates the blood circulation, both properties ensuring a better absorption of the medicine.

Caution: Microdosing of psychedelic compounds may not be appropriate for everyone. As with common psychedelics, people with personal or a family history of bipolar disease, schizophrenia, or psychosis may experience serious mental health challenges. It may be inappropriate for persons using various medications to microdose. For a list of medications and supplements not currently known to cause adverse side effects: <https://microdosinginstitute.com/microdosing-101/faq/microdosing-combining-medication-supplements/>

Always consult your doctor first if you plan to combine, stop, or phase out medications!

Remember: due to an insufficiency of research, no one is currently sufficiently knowledgeable in the field of microdosing to be able to advise you regarding interactions of microdosing and your medications. If you want to taper off medications because you believe after careful research that microdosing may be a better alternative, **always consult with your doctor** prior to beginning microdosing.