



A FREE GUIDE TO

Microdosing

Welcome to your journey with Shroomology. Embrace a natural path to clarity and balance with the transformative power of functional fungi. It's time to simplify your mental wellness routine.





What is *Microdosing*?

Microdosing involves taking small, sub-perceptual doses of psilocybin mushrooms to achieve subtle yet profound benefits without significant alterations in perception.

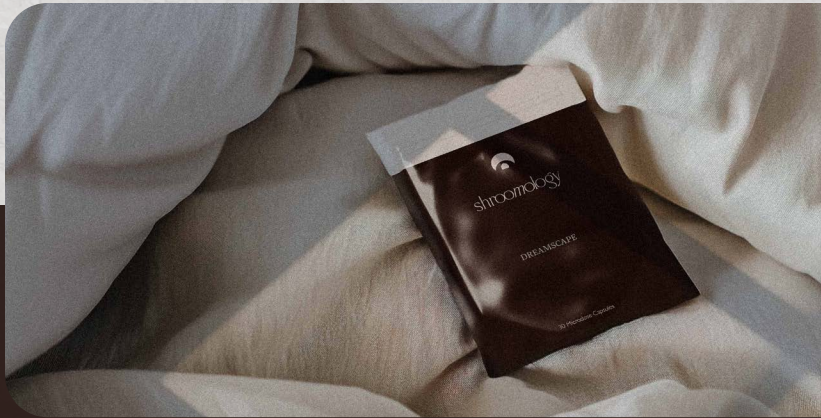
The *MAGIC* of Tiny Doses

Microdosing with Shroomology enhances your physiological and psychological state, working silently to promote mental clarity and inner peace. These tiny doses are a catalyst for growth and harmony, without the overwhelming effects of higher doses.



How to Microdose with Shroomology

Explore three popular protocols to find your ideal microdosing routine. Balance is key, ensuring each microdose remains effective and meaningful.



Microdosing Methods:

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FADIMAN PROTOCOL	STAMETS STACK	INTUITIVE MICRODOSE
A BALANCED APPROACH	THE SYNERGETIC BLEND	LISTENING TO YOUR BODY
A community favourite and perfect for beginners. DOSE: EVERY 3RD DAY If you start on a Monday, you'll take your next dose on Thursday, then Sunday, and so on. It's common to follow this cycle for 4–8 weeks, but if you feel a tolerance developing, a 2–4 week break can reset the balance.	Named after mycologist Paul Stamets, this protocol combines a few special ingredients including Lion's Mane mushroom. DOSE: 4 DAYS ON, 3 DAYS OFF Lion's Mane supports neurogenesis, while Niacin enhances compound delivery. Note: Niacin may cause skin flushing and itchiness for some.	Lastly, intuitive microdosing is all about tuning into your body's needs. There's no set schedule here. Instead, you take a microdose when you feel it's right for you. This approach requires a bit more self-awareness but can be deeply rewarding as you learn to listen to your body's subtle cues.

Confidence
is *Key*

With Shroomology's precisely measured capsules, you can confidently follow any of these protocols, knowing you're getting the perfect dose every time. Your journey with microdosing is personal and unique, and we're here to support you every step of the way.

The *BENEFITS* of Microdosing



Say goodbye to synthetic remedies and embrace nature's gifts. With microdosing, you can fully connect with loved ones, think clearly, and let your creativity shine. These experiences aren't fleeting; they're a natural path to lasting joy. We believe everyone deserves this happiness, and mushrooms offer an exciting, approachable way to achieve it. Let's make wellness a natural and joyful journey together.

Enhance Mood & Regulate Emotions

Increase Focus & Creativity

Regulate your Sleep/Wake Cycle

Relieve Symptoms of Anxiety & Depression

Considerations:

EMBRACE HOLISTIC WELLNESS

To truly benefit, integrate healthy habits and self-care into your routine. Achievements take time, but small, consistent changes can lead to long-term improvements in your mental wellness journey.

MINDFULNESS MATTERS

Pay attention to your thoughts, emotions, and sensations throughout the day. Use mindfulness techniques to stay present and aware. Notice changes in mood, focus, and creativity.

RECOGNIZE THE RISKS

Microdosing is proven very safe. Some people may experience mild and manageable side effects. Take your first dose on a quiet day to monitor your response. If you're on SSRIs or stimulants, consult a healthcare professional to avoid potential interactions.