

Safe Microdosing Checklist & Dosing Guide



NUANCE WELLNESS



Safe Microdosing Checklist & Dosing Guide

I. Introduction & Disclaimer: Prioritizing Safety

What is Microdosing?

Microdosing is the practice of consuming a sub-perceptual dose of a psychedelic substance—meaning the dose is so small that it should **not** cause intoxication, intense visual changes, or impair daily functioning.

The goal is typically to experience subtle, non-intrusive benefits such as enhanced focus, improved mood, increased creativity, or greater energy.

! Harm Reduction Focus: This guide provides educational information to promote safe practices and reduce potential risks. Psilocybin is illegal in many jurisdictions. Always adhere to local laws.

Crucial Medical Disclaimer

This guide is not a substitute for medical advice, diagnosis, or treatment.

- **Consult a Professional:** Always consult your physician or a mental health professional before starting any new regimen, especially if you have pre-existing mental health conditions or are taking prescription medications.
- **Absolute Contraindications: DO NOT** microdose if you have a personal or family history of psychosis, schizophrenia, or bipolar disorder. If you are taking SSRIs or other mood-regulating medications, professional consultation is mandatory due to potential drug interactions.

II. Essential Pre-Checklist: Setting the Stage for Success

Before your first dose, ensure you can check off every item below.

Set & Setting

- **Optimal Set (Mindset):** Start microdosing when you feel generally **stable, rested, and low-stress**. Microdosing can amplify existing feelings, so starting from a baseline of calm is crucial.

- **Optimal Setting (Environment):** Choose a **light day** or a **day off** for your first few experimental doses. This allows you to observe the effects without the pressure of a demanding work schedule.

Sourcing & Preparation

- **Know Your Product:** Understand what you are consuming (e.g., *Psilocybe cubensis* or a derivative). Purity and potency can vary widely.
- **The Golden Rule: You MUST use a digital milligram scale (accurate to 0.01g)** to measure your dose. Never guess or eyeball a dose. Precision is key to safety.
- **Consistency:** Prepare your doses in advance (e.g., in gel capsules) to ensure uniformity.

III. Dosing Protocols: Finding Your "Sweet Spot"

The core principle of microdosing is that **less is more**. If you *feel* high, the dose is too strong.

1. Defining Your Dose

| Metric | Range | Description |
|-----------------|-----------------------------------|---|
| Microdose Range | 0.05g to 0.25g (50mg to 250mg) | This is the general range for dried <i>P. cubensis</i> mushrooms. Your ideal dose may be higher or lower. |
| The Sweet Spot | Highly Individual | The dose that provides benefits (mood, focus) without any negative or perceptible psychoactive effects (anxiety, high feeling). |

2. The Titration Method (Finding the Sweet Spot)

Follow this step-by-step process to safely find your ideal dose:

| Step | Action | Rationale |
|-----------|--------------------------|---|
| Start LOW | Day 1: Dose 0.1g (100mg) | Always begin conservative. Record how you feel (mood, energy, focus). |

| | | |
|----------------------------|---|---|
| Take a Break | Day 2 & 3: Off | Wait at least two days to ensure tolerance is reset. |
| Assess & Adjust | Day 4: Dose 0.125g (125mg) | If 0.1g had no perceptible effect, increase the dose slightly. |
| Identify the Spot | Repeat titration by adding 25mg increments until... | You find the dose where you feel the desired subtle benefits. |
| Identify Too Much | If you feel anxious, dizzy, or high... | You have passed your sweet spot. Reduce the dose for the next cycle. |

3. Common Microdosing Protocols

Protocols include scheduled breaks to manage tolerance and allow for baseline observation.

| Protocol Name | Dosing Schedule | Rationale |
|-------------------------|---|--|
| Fadiman Protocol | Day 1: Dose > Day 2 & 3: Off | Classic schedule; the longer off-period helps you observe baseline benefits. |
| Stamets Protocol | Day 1-5: Dose > Day 6-7: Off | Popular for the "Stacking" approach (often with Lion's Mane and Niacin). |
| One-Day-On | Day 1: On > Day 2: Off > Day 3: On > Day 4: Off | Used to balance consistent benefit with longer rest periods for the mind. |

IV. Tolerance, Breaks, and Cessation

Taking breaks is the most vital component of a safe and effective microdosing regimen.



The Importance of Tolerance Breaks

- **Rapid Tolerance:** Psilocybin tolerance builds almost instantaneously. If you dose on Monday, your Tuesday dose will be significantly less effective unless you dramatically increase the amount (which defeats the purpose of microdosing).
- **Off Days are Required:** The "off" days in all protocols are mandatory to keep your sensitivity high and your dose low.



The Reset Period

The ultimate goal is to integrate positive changes into your life, not rely indefinitely on the substance.

1. **Cycle Length:** Microdose for a specific, set period, typically **4 to 8 weeks maximum**.
2. **The Hard Break:** After your cycle, take a **full 2 to 4-week break** from microdosing entirely.
3. **Evaluate:** During the break, evaluate if the positive changes (e.g., better habits, clearer focus) have *stuck*. This ensures the practice is a tool for change, not a dependence.

V. Troubleshooting & Safety Net

1. 🚨 The Dose is Too Strong (You Feel "High" or Anxious)

- **Action: Do NOT panic.** This is a normal and temporary reaction, signaling you passed your sweet spot.
- **Immediate Steps:** Drink plenty of water. Change your scenery (go for a walk outside). Engage in a distracting, enjoyable activity (music, art).
- **Next Time:** Reduce your next dose by at least 50mg (e.g., if you took 0.2g, try 0.15g next).

2. 😞 The Dose is Too Low (You Feel Nothing)

- **Action:** No action is needed for the current session.
- **Next Time:** On your next scheduled dosing day, increase your dose by 25mg.

3. 😞 Poor Results (Low Mood Persists)

- **Action: STOP microdosing.** Microdosing is a subtle tool, not a fix for severe mental health issues.

- **Next Steps:** Review your foundation: Are you getting enough sleep? Eating well? Exercising? Consult a therapist or psychiatrist. Persistent issues require professional help.

VI. Final Safety Checklist

- **I have consulted my doctor** if I take prescription medications or have a history of serious mental illness.
- **I have verified the legality** of my actions in my local jurisdiction.
- **I have measured my dose** using a 0.01g digital scale.
- **My dose is below my individual sweet spot** (and definitely below 0.25g until proven otherwise).
- **I have taken at least 48 hours off** since my last dose.
- **I have a set time limit** (4-8 weeks) before taking a full tolerance and integration break.

Guided Journaling Prompt Packet



NUANCE WELLNESS



✨ Guided Journaling Prompt Packet: Intention, Tracking, and Integration

1. Setting Clear Intentions (Before You Start)

This section should be completed *before* your first microdose. Your intention acts as your compass throughout the cycle.



The Core Intention

- **My Primary Goal:** In one sentence, what is the *single most important outcome* I hope to achieve during this microdosing cycle (e.g., "Reduce procrastination," "Improve emotional regulation," "Increase daily presence")?

My Primary Goal is to: _____

- **Defining Success:** If I look back in six weeks, how will I *know* this cycle was successful? List two observable, real-world changes.

○ _____

○ _____

- **Areas of Focus:** In which specific areas do I currently feel stuck or wish to see growth? (Check all that apply and briefly elaborate.)

○ [] **Creativity:** _____

○ [] **Focus/Productivity:** _____

○ [] **Mood/Emotional Stability:** _____

○ [] **Physical Energy/Motivation:** _____

○ [] **Interpersonal Relationships:** _____

2. Dose Day Tracking Log (On Dosing Days)

Complete this log shortly after you dose and again at the end of the day.

| | | |
|--------------|-------------------|----------------------|
| Date: | Dose (mg): | Protocol Day: |
| | | |

Morning Check-In (1-2 Hours Post-Dose)

- **Initial Subjective Feeling:** Rate my current energy level (1=Drained, 5=Buzzing)

- **Physical Sensations:** Am I noticing any unwanted effects (e.g., restlessness, jaw tension, headache)?

- **Mindset and Focus:** What task is currently in front of me, and how easy is it to start/focus on?

Evening Reflection (End of Day)

- **Key Insight/Aha Moment:** What was the most notable or unusual thought, connection, or realization I had today?

- **Productivity:** Did I accomplish my key tasks? How did my approach to work/tasks feel different?

- **Social Interactions:** How did I feel when interacting with others? Was I more present, patient, or emotionally open?

- **Overall Dose Assessment:** Was this dose **Too Low** / **Just Right** / **Too Strong**? (Circle one)

3. Reflection and Integration Prompts (On "Off" Days)

Use these prompts on your break days (especially Day 2 and 3 in the Fadiman protocol) to process insights and integrate behavioral changes.



Processing Insights

- **Unpacking a Pattern:** What is one negative thought pattern or habit I observed myself *not* falling into yesterday? What choice did I make instead?

- **The Uncomfortable Truth:** What feeling, issue, or realization did the dose day bring to the surface that I usually avoid? How can I address this today?

- **Creative Flow:** Did I notice a new perspective on a persistent problem? Outline that new perspective here.



Action & Integration

- **Habit Installation:** What is the single, small, positive action I can take *today* (an off day) to solidify an insight from the dose day?

Example: If I felt calmer, I will intentionally meditate for 5 minutes today.

-
- **Resistance Check:** Where did I encounter resistance yesterday (in work, relationships, or self-care)? What is the underlying fear or block, and what is the smallest step I can take to move past it?
-
- **Anchor Moment:** What was the best moment of the dose day, and what made it feel good? How can I intentionally recreate that feeling in my life more often?
-

4. End-of-Cycle Review (Integration Summary)

Complete this section after your full microdosing cycle (e.g., 4-8 weeks) and before your 2-4 week break.

- **Reviewing Success:** Look back at your **Primary Goal** and **Defining Success** statements. Did I achieve them? Why or why not?
-
- **Unexpected Benefits:** What were the three most surprising positive changes that occurred during this cycle that I didn't initially intend?
 1. _____
 2. _____
 3. _____
 - **Lessons Learned:** If I were to start another cycle, what would I change about my dose, protocol, or intention?
-
- **Moving Forward (The Break):** What one or two new habits or insights from this cycle will I commit to maintaining throughout my integration break?
-