



Psilocybin FAQs

What is psilocybin?

A naturally occurring compound found in certain mushrooms, known for supporting mood, perception, and neuroplasticity.

What is neuroplasticity?

Neuroplasticity is the brain's remarkable ability to change its structure and function in response to experience, learning, or injury. This process involves reorganizing neural pathways and connections, allowing the nervous system to adapt by creating new synapses or strengthening existing ones. For example, recovering from brain damage or learning a new skill both rely on the brain's capacity for neuroplasticity to rewire itself.

How long does it last?

Most experiences last 4–6 hours. Psilocybin leaves the body within 24–48 hours.

Is it legal?

In Colorado, psilocybin is decriminalized for personal use for adults over 21 and is legal for supervised use at licensed healing centers, following voter approval of The Natural Medicine Health Act (Proposition 122.) In Oregon, The Oregon Psilocybin Services Act (M109) was approved by voters in November 2020 making psilocybin legal for supervised therapeutic use and decriminalized for personal use. Laws vary by state and country. Always research local regulations before use.

Is it safe?

When used intentionally, in a safe setting, psilocybin is considered low-risk and non-addictive. Not recommended for those with a history of psychosis.

Will it show up on a drug test?

Most standard panels don't test for psilocybin, but specialized tests can detect it for 1–3 days.

What's the best way to start?

Many start with microdosing small, sub-perceptual doses that support mood, focus, and emotional balance.



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Tonya & Paul