



SOSS™

MICRODOSING GUIDE



Feel happy, calm, and colorful with
SOSS™ magic mushrooms
to boost and enhance your mood.



FIRST TIME TRYING MAGIC MUSHROOMS?

The best way to try magic mushrooms is through a microdose.
This allows you to get a feel for the benefits of a mild mushroom
experience while staying in control.

How does a microdose make you feel?



Clear-headed with
better focus



Crisper visuals with
slightly enhanced colors



Giggly, things
feel funny



Grateful and
connected

MICRO DOSAGE

A carefully measured psychedelic dose feels euphoric, and makes colors look a bit brighter. It makes whatever you do more enjoyable – you might enjoy music more, feel a little more social and talkative, or just feel extra comfortable relaxing at home or in nature.

A “standard” microdose is 0.1 - 0.3 grams (dried weight) - approximately ten percent of what is considered to be a psychedelic dose.

This dose will have an “imperceptible” amount of inebriation, but with benefits over time. Experienced users may consider a microdose to be all the way up to 1.0 gram.



SOSS™ sourced and prepared mushrooms are carefully measured and labeled so you can control your dosage and know what to expect.



WHEN TO MICRODOSE

Microdosing is a personal journey, so you will want to experiment to find your ideal timing. Some prefer to dose in the morning to help them concentrate and be more creative, others prefer evenings to relax, often as alcohol replacement strategy. You will figure out quickly how your mind and body reacts, it's therapeutic for sure, but can be productive and fun too.

WHEN NOT TO DOSE

Don't microdose everyday! It's very important to take "tolerance breaks" so your body will continue to utilize the compound. Five days on, two days off is a common protocol. Take a full two weeks off once every two months or so for a complete reset of your brain's receptors.

Some SOSS™ microdose products have Lion's Mane added, which can affect sleep quality for some people if taken in the evening. We're happy to answer questions, just ask!

Don't dose if you're pregnant, breast feeding, or if you have ANY family history with schizophrenia or other mental illness.

WAYS TO TAKE SHROOMS:



Here are some of the more common ways of taking psilocybin mushrooms. They all will work but have different benefits and drawbacks. In general we recommend capsules or gummies for smaller doses, as they are the most precise for dosing, and food/drinks or tinctures for larger doses to make them taste better.

Chocolates

Chocolate helps heighten the effects of the mushrooms and mask the mushroom's flavor, which tends to be a bit strong and earthy.

Gummies

Gummy treats with mushroom extract are a tasty, discreet, and portable option in a pre-measured dose, perfect for those who prefer a flavorful experience.

Capsules

Dried mushrooms that are pulverized and put in pill capsules are the most accurate way to consume mushrooms because all the "parts" get homogenized.

Tinctures

This method extracts psilocybin into a liquid using alcohol, allowing for precise dosing and quick absorption either sublingually or mixed with drinks.



Mushroom Tea

Drinking mushroom tea offers quicker psychedelic effects while also preventing stomach churns.

Plain Dried

If you don't mind the taste and appreciate a deeper connection with your shrooms, eating them plain is always an option



OUR PRODUCTS

Happy Caps

Happy Caps are carefully measured microdose capsules suitable for everyday activities. They are our lowest available dose (.1g) with added Lion's Mane to make you feel more focused and creatively relaxed. Recommended protocol is 5 days "on" then two days "off" for balancing benefits with tolerance breaks. Adjust your schedule as needed after experimenting first month.

Chocolate Kups

Another special edition small-batch product with exotic strains and locally sourced gourmet chocolate. Spreadable or spoonable, think "mutella!" Dosage as marked.



Quarter Caps

Quarter capsules are appropriately named, they have .25 grams each and come in packs of 4 for a total of 1.0 gram. They are perfect little travel size for "social doses" or "museum" doses or shared by two for intimacy occasions.

Matrix Caps

Matrix caps are our special edition rotating exotic strain capsules. Very limited availability. Each capsule is .33g, each packet is 2.0g total. The colors are for fun, they are all the same.



Chocolate Bars

Customer favorite! These delicious sea salt chocolate bars have 3.5 grams of active ingredient with 1.5g of Lion's Mane divided into 15 squares. They are great to share with friends on social occasions or nibble by yourself on movie nights.



DEEPER EXPERIENCES

Microdoses are mild, so you don't need any significant preparation to enjoy that experience. This next section only applies if you are planning on a medium or large dose.

EFFECTS BY DOSAGE

.10 grams up to .95 grams



- Clear-headedness and improved focus
- Crisper visuals and slightly enhanced colors
- A warm, fuzzy feeling
- Things feel 'new' again
- Lots of smiling
- Basic insights "my worries are actually quite petty"

EFFECTS OF A MEDIUM DOSE

1.0 grams up to 2.0 grams



- Slightly altered perceptions
- Interesting visuals, noticeably enhanced colors
- Strong feelings of gratefulness and connectedness to nature and beings
- Childlike "wonder" for normal things
- Giggling hard
- Deeper insights "I have this new business idea"

EFFECTS OF A LARGE DOSE

2.0 grams to 3.50 grams



- Strong hallucinations
- Distorted sense of time
- Out-of-body experiences
- 3D and kaleidoscopic closed eye visuals
- Uncontrollable giggling
- Deepest insights "I am going to quit smoking for life"

MIND SET



Dose to Enhance, Don't Dose to Escape

- Make sure you are feeling happy and healthy
- Don't have any important commitments for the rest of the day, as this may stress you out
- Set intentions for your trip – what do you hope to gain from the experience? Even if the only “intention” is to enjoy time and space.
- **Don't try to control, resist or direct the experience.**
- Be open to all experiences, thoughts, memories, visions, and sensations that may come. If they are challenging, accept and don't fight them, it's part of the learning experience!

For larger doses a shamanic or medical “trip sitter” is crucial for health and safety.



IDEAL SETTING:



While other mind-altering substances cloud your perceptions, mushrooms heighten them and can affect your perception, balance and judgement.

Plan to be in a comfortable environment (at home, in nature) and be around people you like, not in large crowds. Stay away from potentially dangerous physical surroundings.

Make preparations for dealing with euphoria, but also for discomfort. Quiet your mind, utilize deep breathing or listening to calm music.





DURATION OF EFFECTS

A medium or large psilocybin dose will take approximately an hour for lift-off and will last a total of 5-8 hours. Depending on species and strain, the peak effect lasts about 1-2 hours. If you don't like it, eat some bread or crackers and you can get start toward returning to feeling normal again faster.



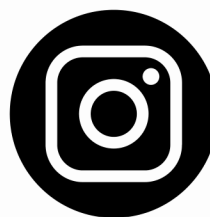
The best time to take mushrooms is 2-3 hours after a meal. Your stomach shouldn't be full, and it shouldn't be completely empty either. Stay hydrated – mushrooms make you thirsty!

QUESTIONS?



We are available to answer your questions by phone, text, email or social media direct messages during business hours and even outside business hours if you really need something say "urgent" in your message.

ASK US ANYTHING...



DM

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