

PSYCHEDELIC WELLNESS APOTHECARY

The Microdosing Starter Guide

Everything a beginner needs to know about psilocybin microdosing — dosage, protocols, safety, and what to actually expect.

A free resource from [psychedelicswellness.org](https://www.psychedelicswellness.org)

Important

This guide is educational only. Nothing here is medical advice. Psilocybin is a controlled substance in most U.S. states and many countries. Always consult a qualified clinician before starting any new botanical or fungal regimen, and follow the laws where you live.

Microdosing is not appropriate for people with a personal or family history of psychosis, schizophrenia, or bipolar I disorder, or for people taking SSRIs, MAOIs, or lithium without medical supervision.

1. What is microdosing?

A microdose is a sub-perceptual amount of a psychedelic — small enough that you can work, drive, and go about your day without feeling "high." For psilocybin mushrooms, that typically means 0.1 to 0.3 grams of dried *Psilocybe cubensis*.

People microdose for a variety of reasons: improved mood, focus, creativity, reduced anxiety, less reliance on caffeine or alcohol, or simply a gentler way to explore plant medicine.

2. Finding your dose

Dose	Dried mushrooms	What to expect
Threshold	0.05 - 0.10 g	Almost nothing. Useful to gauge sensitivity.
Standard microdose	0.10 - 0.25 g	Subtle mood lift, slight clarity. Functional.
High microdose	0.25 - 0.50 g	Noticeable. Not recommended for work days.
Mini-dose	0.50 - 1.00 g	Mildly perceptual. Plan a quiet day.

Start at 0.1 g for your first dose, regardless of how experienced you think you are. Potency varies enormously between strains and even between fruiting bodies. You can always take more next time; you can't take less now.

3. The three main protocols

Fadiman Protocol

Day 1: dose. Day 2: transition. Day 3: rest. Repeat for 4 to 8 weeks, then take 2 to 4 weeks off. Created by Dr. James Fadiman, this is the most-studied schedule and the best starting point.

Stamets Stack

4 days on, 3 days off, often combined with Lion's Mane mushroom and niacin. Popularized by mycologist Paul Stamets. More aggressive than Fadiman — not recommended as a first protocol.

Intuitive / Microdose-as-Needed

Dose only when you feel it would help — perhaps 1 to 2 times per week. Lower risk of tolerance build-up, but harder to evaluate effects.

4. Safety and contraindications

Do not microdose if you:

- Have a personal or family history of psychosis, schizophrenia, or bipolar I.
- Are taking SSRIs, SNRIs, MAOIs, lithium, or tramadol.
- Are pregnant, breastfeeding, or trying to conceive.
- Have uncontrolled high blood pressure or a serious heart condition.
- Are under 21.

Tolerance and breaks

Psilocybin tolerance builds fast. Dosing more than every other day quickly produces diminishing returns. After 4 to 8 weeks of any protocol, take at least 2 weeks completely off.

5. Track what actually happens

The biggest mistake new microdosers make is dosing without a journal. Effects are subtle — without notes, you'll confuse a good week of weather and sleep for the mushrooms working.

Each dose day, write down:

- Dose (grams), strain, time taken, on an empty stomach or with food.
- Mood at 2, 4, and 8 hours after dosing (1 to 10).
- Focus, energy, anxiety, sociability (1 to 10).
- Sleep quality the night before and the night after.
- Anything notable — an unusual conversation, a creative idea, a craving that disappeared.

6. Sourcing & quality

Where you source matters more than which protocol you follow. Mushrooms vary in potency by 10x between strains; contamination is a real risk with poorly grown product.

Look for:

- Single-strain product (not mixed batches) so doses are consistent.
- A grower who can tell you the strain, the substrate, and the harvest date.
- Third-party potency testing where legally available.

- Discreet, sealed packaging.

Want curated, lab-tested options?

Psychedelic Wellness Apothecary is a members-only botanical apothecary in Eugene, Oregon. We curate single-strain psilocybin, exotic flower, concentrates, and edibles for adults 21+. Apply for membership at [psychedelicswellness.org](https://www.psychedelicswellness.org).

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