

Thanks for coming in to see Dr. Pryor for your Harm Reduction evaluation. As part of your Harm Reduction, you have received a packet containing 30 microdose capsules. Below are some general guidelines to help you use your microdoses effectively over the coming weeks. These aren't rules you have to follow, but we feel strongly that adhering to these guidelines can give a predictable and productive result around intentional microdosing.

Let's get started!

- **DO NOT** take a microdose every day!
  - Psilocybin builds a very fast, strong tolerance that fades after 48-72 hours. Taking additional doses within that window will likely have little to no effect.
  - We recommend following a “one day on, two days off” approach which allows the psilocybin to fully metabolize and leave your system between doses.
  - You will still likely experience mild effects during the 48 hour window after taking a microdose.
- **DO** start with one capsule at a time!
  - Until you know how the microdoses affect you, we recommend starting with a single capsule (*1mg psilocybin*) for a controlled experience.
  - After a few doses, if you feel like increasing the amount of capsules would be beneficial for you, increase by one capsule at a time.
- **DO** take your microdose ~2-3 hours after eating!
  - Taking microdoses on a fully empty stomach can cause discomfort or nausea in some individuals
  - Taking microdoses with food will reduce the effectiveness and increase the time it takes to feel the effects
- **DO NOT** take a microdose before bed!
  - Our microdoses can be energizing and stimulating, causing you to want to focus and be productive.
  - Take a microdose at least 4 hours before you plan to sleep.

- **DO set an intention when you take a microdose!**
  - Microdoses have lasting, cumulative effects on your brain's pathways and neural network, helping to rewire your thinking in real-time.
  - Setting a positive intention or doing an activity that causes you to feel joy or calm while on a microdose will help your brain relearn positive associations.
- **DO track your own journey and progress!**
  - Journaling, introspection, and guided therapy or meditation can have profound effects while microdosing.
  - A tangible way to go back and revisit how you have changed since starting Harm Reduction can be a positive and healing experience for some people, even if they only feel mild effects while on the microdose. Small incremental changes build up over time to result in big progress.