

How to dose

Instructions for use and dosing



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You will experience the optimal benefits of microdosing if you use just the right amount of truffles. We are happy to help you with that. We explain on this page how you can use the truffles, how to dose and how you experience the optimal benefits.

Keep in mind that it can take up to a few weeks to find your 'sweet spot'. That's just the right amount, for maximum creativity and concentration, more energy and clear thinking. Or exactly the amount that helps you to suffer less from anxiety or panic.

Our truffles contain a constant amount of psilocybin. This is a natural active ingredient that affects your condition and health. With microdosing you stimulate a subtle change in your mental and physical state.

We strive to help you think more clearly, get into deeper focus, experience more energy, feel better and feel good in general. Conversely, we would like to ensure that you do not feel anything annoying, uncomfortable or anxious.

All our customers are unique, and everyone has a different sweet spot. Some experience the desired effects with 0.25 grams of truffles, while others use a full dose of 1 gram. This varies from person to person, so there is no 'right' or 'wrong'. Among other things, your weight, how much you eat, when you last ate, the quality of your sleep and whether you drink coffee, for example can all have an effect on how you experience a certain dose.



How should I take microdoses?

Taking a microdose is very easy. You just have to eat the truffles. That sounds more exciting than it actually is. All you have to do is take the microdosing out of the package, weigh it if you don't use 1 gram, put it in your mouth and swallow it all at once.

Please note: we do not recommend chewing it. As a result, the active substances would be released in one go. You want to spread that evenly over the day, so swallowing it all at once works better.

Are you sensitive to the more dry flavors? You can choose to drink your microdosing. For example, make tea from it or mix it through your smoothie with fruit and/or vegetables. That way you immediately get extra nutrients, so that you are healthy. Keep in mind that the active ingredient psilocybin, like alcohol and caffeine, can have a stronger effect on an empty stomach.



How do I find my sweet spot?

Our GO Microdose truffles are especially intended for microdosing. This means that thanks to the small packaging and the stable amount of psilocybin in the truffles you can find your 'sweet spot'. That is the amount to ingest that will give you the optimal benefits.

It is important to keep track of what is the right amount for you. This way you ensure that you will know your exact sweet spot dose, to experience exactly the same benefits every time.

When you order from us you will receive a GO Microdose strip with six microdoses of the Mexicana sclerotia truffle. Each dose contains one gram. That gram is enough for most people to use the ideal amount. Keep in mind that many people use 0.1 to 1 gram, so that not everyone uses the full dose.

Finding your sweet spot works like a new skill, which you need to gain experience to get better at. Use our microdosing scale (for sale in the webshop) to measure an exact amount. Use a log to track your intake, experiences, and feelings.

Make sure you work systematically. Always write down how much you take, and then experience how you feel. Write down what effects you experience, and whether the effect is too strong, too light or just right for you. By always accurately noting this, you will quickly get a better picture of your 'sweet spot'.

Please note that our Mexicana truffles are relatively strong compared to some other varieties. For example, start with 0.5 grams, instead of a full dose. If you find the effects too light then you can use 0.75 grams, and finally 1 gram if you want the effects even stronger.

Some users experience their sweet spot after varying it a few times. Others take longer to do so, so it may take a few weeks. Don't worry, that's completely normal. In fact, some of our customers only find the perfect dosage after a few months. Once you've found it, you'll realize it's all been worth it.



What should I do if I have used too much?

It can be quite difficult to find your 'sweet spot' in the beginning. That means you may be using too much at some point. Don't worry, it's not dangerous.

Many of our customers compare too high a dose to the feeling after drinking too much coffee. You feel sharp, but maybe also a little prickly. Others, for example, get tired and have to yawn more. That's nothing to worry about, the feeling will go away on its own. Do not worry too much, and go for a walk or lie down for example. You will notice that the feeling disappears within a few hours. Start microdosing on the weekend, so that you have as few obligations as possible and can experience it calmly.

What should I do if I feel nauseous or sick?

It is rare, but it is possible that you feel nauseous or sick after using it. That's nothing to worry about, it's your body's reaction to the truffles. This can happen if you are not used to using it.

Take a smaller dose next time. Or use the dose in combination with tea or some food, such as an omelette. You will notice that your stomach and body will not react so strongly to it. The effect of the truffles remains the same, but your body can process this more easily.

Lie down or go for a walk. You will notice that the effects disappear or become less strong after a few hours.

Tip: do you want to get rid of the annoying feeling faster? Products with a lot of sugar can help.

Keep track of how much you use:

Your microdosing logbook

It is very important for your microdosing experience to keep a log. Write down what you use and how you feel afterwards. This way you keep track of your progress, and it's easier to find the 'sweet spot'.

How you keep the log is completely up to you. Some record their intake in a diary, others use an (Excel) sheet. In addition, you can use online tools such as Notion, in which you can write everything down for yourself.

Keep track of what you use, when you reach that goal, and how you feel next. Note the degree of energy and concentration, how clearly you can think and, for example, your creativity. On the other hand, keep track of how much fear or panic you experience, if you normally suffer from it.

