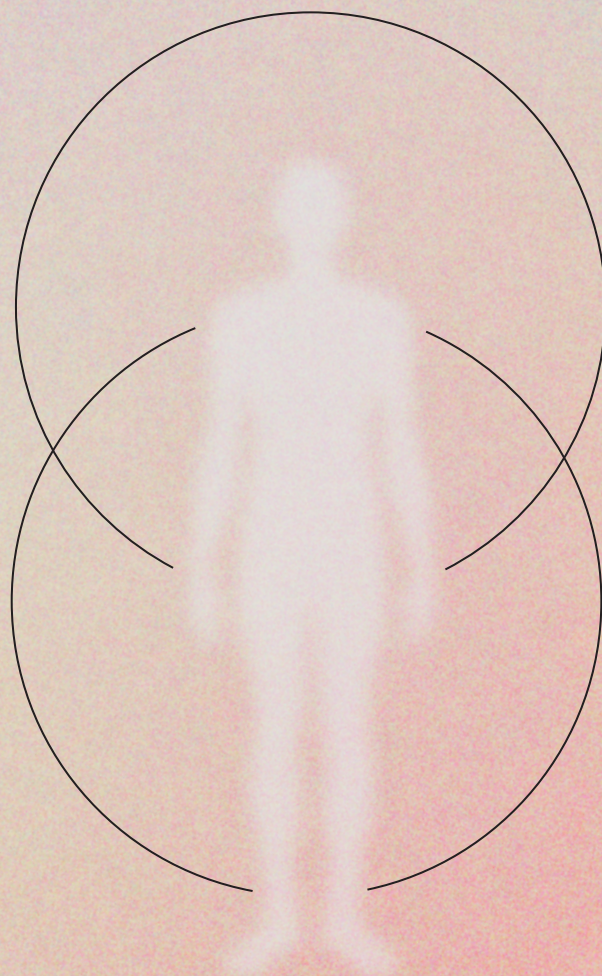


I AM



MICRODOSING
GUIDE

At I AM, our vision extends beyond creating the very best mushroom products:

We're also committed to providing you the resources and support you need to get the most with this medicine.

This guide is here to help you navigate your microdosing journey—from understanding the basics, to finding your ideal dose and schedule, to combining your microdose with preparation and integration practices. It's everything you need to get started! If you'd like personalized guidance, feel free to reach out via [Telegram](#).

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1. WHAT IS A MICRODOSE?

A microdose is a small amount of psychedelics—typically 1/10 to 1/20 of a "normal" dose—taken to improve mood, cognition, performance, and overall well-being. A microdose isn't meant to have psychedelic effects—the goal is for it to be subtly felt, like a soft breeze. Because the effects tend to compound with consistent use, microdosing is usually taken on a regular schedule—and in that sense is more like taking a supplement than a drug. While the dose is small, the impact can be profound, especially when paired with mindfulness practices.

2. WHY MICRODOSE?

While there's still plenty to learn about why microdosing works, we know a few things for sure. Psychedelics activate serotonin receptors (5-HT_{2A}), which:



- Increase brain-derived neurotrophic factor (BDNF), promoting brain growth
- Increase glutamate, a neurotransmitter responsible for memory, learning, and cognition

Microdosing supports neuroplasticity, helping new neural pathways form and encouraging the brain to communicate in new ways. It also decreases activity in the Default Mode Network (DMN), the part of the brain responsible for your sense of personal identity, and consequently, ruminating thoughts. Any time we are not in the present moment, the DMN is highly active. Reducing DMN activity has been linked to deep meditative states.

Beyond the science, most of what we know about the effects of microdosing comes from personal success stories. Many people report benefits from microdosing, including:

- Enhanced energy and focus
- Improved problem-solving and creativity
- Better mood (especially less anxiety and depression)
- Deeper connections with self and others
- Spiritual growth
- Improved memory and sleep
- Substance abuse/addiction recovery
- Reduced inflammation and chronic pain
- Support for athletic performance, traumatic brain injuries, and even conditions like migraines and menopause



In short, you might feel more connected to yourself and experience a more positive, uplifting life.

3. HOW TO MICRODOSE

A. Finding Your Dose

If you're new to microdosing, start with a small dose and gradually increase until you find your sweet spot. Remember, the goal is to feel a subtle effect without it interfering with daily life.

Your ideal dose might range from 50mg to 400mg, depending on your sensitivity and other factors. I AM offers capsules in three doses—50mg, 100mg, and 200mg. We recommend starting at 50mg. If you don't notice any effect, try 100mg on your next dosing day, and continue to increase by 50mg until you feel just enough. If at any point you feel too medicated, reduce your dose by 50mg next time. That will likely be your sweet spot.

It's a good idea to experiment with finding your dose on a day when you have fewer obligations, just in case the effects are stronger than expected.

B. Choosing a Dosing Schedule

There are three commonly used microdosing protocols:



- One day on, two days off ([Fadiman Protocol](#))
- Five days on, two days off ([Stamets Protocol](#))
- Every other day ([Microdosing Institute Protocol](#))

Or, you can simply follow your intuition and dose when it feels right. While all of these protocols are effective, we usually recommend taking your microdose every other day, as this tends to work well for most people. Whichever protocol you choose, avoid dosing every day to prevent building a tolerance. Stick with your chosen schedule for at least one month, then feel free to experiment if you wish. We also suggest taking a 2 - 4 week break after microdosing for three months.

C. Preparation & Intention

Once you've found your dose and chosen a schedule, we recommend creating a simple ritual around your microdosing practice. Setting an intention can amplify your experience. Take a moment to pause and reflect on what you hope to gain from this journey. You might ask yourself:

- [What called me to microdosing?](#)
- [What do I want to experience or transform?](#)
- [Is there a word or phrase that captures my intention?](#)

We suggest using "I AM" statements, such as "I AM Free of Addiction" or "I AM Peace." Holding your intention in your heart each time you take the medicine can deepen your practice. You can even place the capsule or gummy near your heart and say your intention out loud before you consume it. For best results, take your dose in the morning with a little food—an apple slice, an egg, or just a couple bites of breakfast will do.

4. INTEGRATION & TRACKING

Integration is the process of understanding your experience, and turning insights into real-life changes. It's how you take what you've learned and apply it in a way that's supportive and sustainable. Integration is about piecing together the many parts of yourself into a unified whole—reconnecting with the I AM presence within you.

To make sure your insights don't get lost, we recommend two key practices:

A. Introspection & Writing

Meditation or contemplation helps deeper insights surface. Writing those insights down solidifies them and makes it easier to act on them.

B. Tracking

Monitor your moods, energy levels, behaviors, and goals. This helps you see your progress and identify patterns, making the whole process more structured and manageable.

Additional integration tools include:

- Integration circles
- Breathwork
- Time in nature
- Yoga or mindful movement
- Creating art
- Bodywork
- Prayer
- Gardening
- Mindfulness practices



I AM 40-Day Meditation Program

To support your microdosing practice, we've created a 40-day meditation program available free to all members of the I AM community. This very practice helped the I AM founders manifest the resources and relationships that allowed us to create this brand. When paired with microdosing, you can expect profound shifts in how you perceive reality.

[Click here for the program.](#)

5. RISKS & CONTRAINDICATIONS

While microdosing is generally considered safe, there are a few situations where it might not be right for you. As a reminder, we are not doctors and this is not medical advice. Always consult with a healthcare professional if you have any concerns. Some potential considerations:

- **Increased Anxiety/Heightened Emotions:** Some people experience increased anxiety, grief, or other strong emotions while microdosing. In some cases, these feelings might be a welcome opportunity to tune into repressed emotions or stories. Or, they may be an interference to your healing journey at this time. Only you will know what is true for you. If your microdoses are bringing up emotions that you find overwhelming, it might be helpful to pause the practice and seek support from a therapist. You can also reach out to the I AM team and inquire about our other coaching and support services.
- **Psychosis/Mania:** If you have a history of these conditions, microdosing might exacerbate symptoms. Proceed with caution.
- **Autism:** People on the spectrum might need larger doses for effects to be felt, making microdosing less effective for them.
- **Colorblindness:** Psychedelics can cause persistent visual distortions for some people with colorblindness.
- **Lithium:** Combining lithium and psychedelics can cause adverse reactions. We don't recommend using our products if you're on lithium.
- **Tramadol:** Combining tramadol and psychedelics can increase the risk of seizure and serotonin syndrome. This may or may not be true for microdoses, but without more research we cannot recommend combining these medicines.
- **Pregnancy/Breastfeeding:** There's no current research on the safety of microdosing while pregnant or breastfeeding, so may be best to avoid it during these times.
- **SSRIs:** There are mixed views on combining SSRIs with microdosing. If you are tapering off antidepressants under medical guidance, microdosing may support the process, but always check with your doctor first.

STILL HAVE QUESTIONS?

We are committed to walking with you.
If you have more questions or need support,
don't hesitate to [reach out to a member of
the I AM team.](#)