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For many of us, the concept of health has become interwoven with wellness.

Wellness can be understood as practising healthy habits on a regular basis to achieve improved physical and mental outcomes. Wellness can encompass a wide diversity of practices, and one that is rapidly gaining traction is microdosing.

Microdosing involves regularly taking small, repeated doses of psychedelic or psychoactive substances with the intention of uplifting mood, shifting perspective, enhancing creativity, or addressing symptoms tied to mental health disorders such as depression. As many psychedelic substances are illegal throughout the United States and Canada, there's a growing trend of microdosing psychoactive substances that are legal.

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Amanita muscaria, also known as the fly agaric mushroom, represents an example of a psychoactive fungus that has been used for millennia for recreational and therapeutic purposes. Its potent properties are helping it to gain popularity among microdosers.

This Amanita muscaria microdosing guide has been developed for educational purposes to help you learn how to engage in effective and safe Amanita muscaria usage.

## What is Amanita Muscaria Microdosing?

Microdosing typically involves consuming [very low, sub-hallucinogenic doses](#) of a psychedelic substance such as LSD or psilocybin on a regular basis.

The term “sub-hallucinogenic” is key here—microdoses are not designed to induce a psychedelic trip that is intoxicating or incapacitating. Rather, the intention is to cultivate a subtle shift in perspective that can offer benefits such as maintaining calm in stressful situations, feeling open-minded and creative, or managing symptoms associated with mental health disorders such as anxiety or depression. Microdosing is designed to go hand-in-hand with everyday life, much like drinking a cup of coffee in the morning or taking a few drops of CBD before bed.

However, as many psychedelic substances are illegal in the majority of states in the US, people have begun experimenting with microdosing in other ways, such as microdosing legal psychoactive substances.

Amanita muscaria is therefore perfect for individuals who wish to explore the benefits of integrating small doses of a psychoactive compound into their everyday lives.

[Anecdotal research and emerging scientific literature](#) suggests that microdosing with Amanita muscaria represents a pleasant way to enjoy the therapeutic effects associated with the mushroom.

## Amanita Muscaria Microdosing Benefits

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Over the past few years, [three full length books](#) have been released exploring the myriad benefits of microdosing with Amanita muscaria.

The texts, Baba Masha's "Microdosing with Amanita Muscaria", Bil Harret and Anastasia V. Sasha's "Amanita Muscaria Microdosing" and Amanita Dreamer's "Dosing Amanita Muscaria" offer a wealth of experiential and practical insights into microdosing with the fly agaric mushroom.

One of the three texts, Baba Masha's "Microdosing with Amanita Muscaria" draws on more than 800 experiences of people who have microdosed with Amanita muscaria. The experiences documented suggest that Amanita muscaria microdosing can ease symptoms associated with a range of pathologies, including hormonal dysfunction, low libido, anxiety, depression, allergies, gingivitis, heartburn, dermatological issues depression, epilepsy, hypertension, insomnia, pain, trauma, and migraines, to name but a few.

Furthermore, some of the case studies that are shared in the book report other cognitive and physical benefits that can arise from Amanita muscaria microdosing, such as enhanced creativity and improved sports performance. Fascinatingly, the book also details how timing can impact the effects of microdosing. Morning microdoses can uplift energy and alertness, while evening doses can help support relaxation and sleep.

[Scientific literature](#) also offers some rich insights into the potential benefits of Amanita muscaria microdosing. For example, low doses of the mushroom over a 3.5 month period helped ease the symptoms of a woman suffering from depression, anxiety and sleep disorders. The woman was able to significantly reduce her symptoms through microdosing without any adverse effects. Blood tests revealed that her Amanita muscaria microdosing regimen had no harmful effects, and a slight improvement in her liver function was noted—potentially due to the liver-protective muscimol effects of Amanita muscaria mushrooms.

People often compare Amanita muscaria mushrooms to psilocybin mushrooms, given that both have psychoactive effects. However, it's important to emphasize that there are some significant differences between the two.

Psilocybin mushrooms are a serotonergic psychedelic that act on the body's serotonin (2A) receptors. In contrast, muscimol, the main psychoactive compound in Amanita muscaria mushrooms, acts on the body's GABA receptors. Psilocybin

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mushrooms are considered a psychedelic while Amanita muscaria mushrooms are considered deliriants. Both can have hallucinogenic effects, but Amanita muscaria delivers a less intense and more subtle psychoactive experience.

## How to Microdose Amanita Muscaria

In general, a microdose is considered to be between [1/10 to 1/20th of a standard dose](#).

According to one [Amanita muscaria dosage guide](#), a microdose of Amanita muscaria could range from 0.1 ml to 0.5 ml. Just a few drops can achieve a subtle change to mood and perspective. If you're consuming an edible product such as a gummy, the dose will depend on the potency of a single gummy. Psyched Wellness Amanita muscaria gummies, for example, are designed for microdosing, so one gummy represents a single microdose.

However, microdoses also depend on other factors, such as body weight. Individuals with a higher than average body mass may need slightly larger microdoses to achieve the intended effects. People can additionally experience the effects of a microdose in vastly different ways, so it's a good idea to start with a very low dosage, observe how you feel after the effects set in, and adjust the dosage

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James Fadiman's approach to microdosing is one of the most popular and well-researched regimes because it is grounded in extensive case study research. What's more, Fadiman's microdosing protocol has been designed to support people to carry out a safe and meaningful experiment with microdosing. Fadiman suggests following a dosing schedule of [one day on and two days off over a period of about a month](#), followed by a break or reset period. During the month, he recommen

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journaling or recording thoughts and feelings to help reflect on the experience taking place.

However, other scholarly literature points out that people sometimes adopt a personalized approach to microdosing protocols. In one study published in [Harm Reduction Journal](#), the authors reported that some microdosers created a dosing regime designed to meet their unique needs. While some individuals found a microdose too stimulating, others found it not effective enough and adjusted the dose to suit their purposes. These findings highlight the customizable nature of microdosing to meet personal wellness goals.

## Safety Guidelines and Risks

Start low and go slow is the adage often used by experts for patients becoming acquainted with a new form of therapy. By beginning with low doses—even as low as 0.1 ml of Amanita muscaria tincture—you can create a baseline that can be increased as needed while ensuring you can tolerate the effects. The start low and go slow approach has been proven helpful [in reducing the possibility of adverse events](#) without compromising the overall efficacy of a treatment.

Selecting trusted, reputable brands is also a really important consideration for setting yourself up for success when embarking on an Amanita muscaria microdosing journey. As a psychoactive mushroom that is not controlled by the DEA, Amanita muscaria microdosing products are currently proliferating on the Internet and in storefronts. Recent news [stories abound](#) about some products containing excessively high levels of muscimol, leading to harmful outcomes.

ACS Laboratory, which carries out independent product testing on Amanita muscaria products, recommends that consumers seek out microdosing products [that clearly convey safety information](#). In particular, ensure that the product declares the exact amount of Amanita muscaria extract per serving, including the amount of muscimol or ibotenic acid (which are the two main psychoactive compounds in Amanita muscaria).

The label should also share the recommended dosage based on the desired results, and a link to any lab test results that confirm the presence of psychoactive

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compounds and the absence of contaminants.

[Psyched Wellness products](#) contain AME-1 extract, an extract derived from wild foraged Amanita muscaria mushrooms. Furthermore, all Psyched Wellness products are produced in GMP facilities to ensure products are safely and consistently formulated and manufactured.

## Frequently Asked Questions

### **When is the best time of day to microdose Amanita muscaria?**

When to microdose Amanita muscaria is an entirely personal decision. According to some users, microdosing in the morning can lead to enlivening, energizing effects while evening microdoses can help to usher in feelings of relaxation and drowsiness.

### **How much is an Amanita muscaria microdose?**

In general, a microdose measures between 1/10th and 1/20th of a standard dose. If you're consuming an Amanita muscaria tincture, a microdose may measure from 0.1 ml to 0.5 ml.

The intention behind microdosing is to enjoy very subtle, nuanced effects in an ongoing and sustainable way, rather than a single intensive psychoactive experience.

### **How can I track my progress with microdosing?**

Many microdosing experts, such as Dr. James Fadiman, recommend keeping a journal while microdosing to record feelings and reflections about the experience. A journal can help to capture the subtle shifts and changes that may occur from microdosing over the course of a month that may not be apparent in the noise of day-to-day life.

### **How long will it take me to see the benefits of microdosing Amanita muscaria?**

The benefits associated with Amanita muscaria microdosing may become apparent in as little as one dosing session. However, for many people, the effects take s

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over time as people notice subtle but meaningful shifts in their perspective, mood, and thought processes.

Wellness is the new buzzword among the health-conscious. Microdosing is growing in prominence among people who embrace the search for wellness. Amanita muscaria is a potent psychoactive fungus that is becoming increasingly popular among those who are interested in microdosing.

Although there is still a lack of clinical research regarding Amanita muscaria microdosing, anecdotes, case studies and research suggests that Amanita muscaria microdosing can offer a range of physical, mental and emotional benefits.

Individuals who have microdosed with Amanita muscaria have reported that the mushroom has helped to manage symptoms associated with pathologies as diverse as anxiety, depression, dermatological disorders, headaches, trauma and more.

If you're curious about experimenting with Amanita muscaria microdosing, choosing a product manufactured by a reputable brand. Trusted brands such Psyched Wellness, which specializes in formulating laboratory-tested Amanita muscaria products, offer high-quality products with consistent dosages and [no toxic adverse effects](#). [Psyched Wellness Calm Tincture](#) represent products that have been designed for microdosing, making it very easy and accessible for beginners.

\*This article is for educational purposes only. We are not providing any medical advice and strongly suggest that you speak with your doctor before trying any new products.

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