



Microdosing Psychedelics

*A beginner's
Guide*



What is Microdosing?

Microdosing involves taking very low doses of psilocybin mushrooms or truffles at regular intervals, typically over weeks or months.

Psilocybin, a naturally occurring psychedelic compound, is found in over 200 species of fungi.

As a psychotropic agent, it can influence mood, behavior, thoughts, and perception. Btw, coffee is also a psychoactive agent and the most used one in the world.

A Brief History

Microdosing has gained popularity in recent years, but the idea is not new. In the 1940s and 1950s, psychedelics were studied for their potential therapeutic benefits.

More recently, Silicon Valley professionals and creatives have championed microdosing as a tool for enhancing productivity and problem-solving. Today, research is expanding into its potential for mental health treatment, particularly for depression, anxiety, and PTSD.

How Does it Work?

Microdosing is all about sub-perceptual doses, and by that we mean you can carry on with your day as usual, while enjoying subtle benefits like a brighter mood, more energy, heightened creativity, relief from hormonal fluctuations, and reduced anxiety.

And that's just scratching the surface

Mabel's Mindful Microdosing





Potential Benefits

ENHANCED FOCUS AND PRODUCTIVITY

Many users report being able to concentrate better and complete tasks more efficiently.*

IMPROVED MOOD

Reduced anxiety and a more positive outlook on life are commonly reported.*

BOOSTED CREATIVITY

Microdosing may help unlock creative thinking and innovative problem-solving.

EMOTIONAL BALANCE

Users often feel more connected, in balance and more resilient.*

Microdose Mindfully

While microdosing on it's own is a powerful catalyst for change, true change happens when we apply science and mindfulness.

That is why we made our [Mindful Microdosing Program](#).

In your App you will find all the ressources you need,
in order to unlock your full potential.



Why Choose Mabel?

Mabel takes a holistic approach to wellbeing and acknowledge that nothing is a quick fix. We offer a dedicated and easy-to-follow program, created and narrated by experts, 24-AI based journaling support, a fast growing community and proven methods for maximizing benefits.

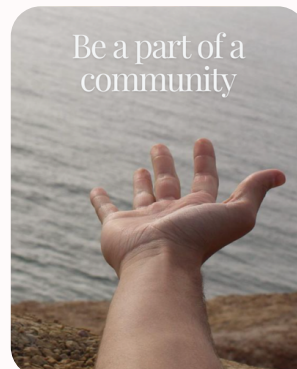
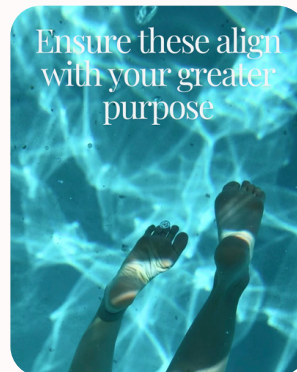
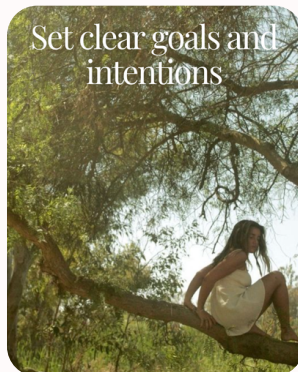
Mabel's Schedule

WE MADE IT EASY TO FOLLOW

You microdose every second day, and listen to one class per week.

You keep track of your emotional state, set intentions and track your progress in our App. This is also where you can keep your Journal, and share your experience with a community (if you wish to).

Start low and go slow.





Words from our dear customers

Anna Claudia - verified customer

PERFECT TO START!

"This program? Absolute genius. It's like a mental reset button wrapped in self-care vibes. I've been microdosing along with the guided classes, and let me tell you—my energy is next-level, and my focus is sharp AF. Plus, it's such an easy and supportive way to start microdosing if you're a newbie (like I was). It's not just about mushrooms; it's about totally upgrading your mindset. Obsessed."

Camila Mesquita - verified customer

Essential!

"I started the Mindful Microdosing program a week before entering a particularly challenging period that demanded a lot from my mental health. I truly believe it was essential in helping me navigate this time. The program allowed me to find moments of relaxation and approach new alternatives with greater ease and fluidity."

Ruth L. - verified customer

Big Change in small steps

In Compilation with the App, this program offers a great opportunity to make change and create new and healthy routines easily. The App is easy to use, the journaling-part helped me tremendously.



A life-changing journey

Psilocybin and neuroplasticity

At its core, microdosing psilocybin boosts neuroplasticity, which is your brain's ability to form new connections and adapt to change. This state of openness encourages new ways of thinking and feeling, which over time can become lasting habits.

Quieting the overactive mind

If words like self-sabotage, negative self-talk, insecurities, and anxieties are familiar to you then you are going to love this. Psilocybin lowers something we call the DMN (default mode network). The network is the "autopilot mode" for the brain, allowing us to conserve energy. This network is primarily active when your mind is wandering, engaged in self-reflection, or processing internal thoughts. An overactive DMN can trap you in negative thoughts or self-doubt, leading to excessive rumination and feelings of inadequacy. As the DMN quiets, you may find yourself more engaged in your surroundings, more engaged in your work and more engaged with people you love. By breaking the cycle of negative thinking, microdosing facilitates a more grounded and positive outlook on life, empowering you to embrace new experiences with self confidence





Regulating your fear center - calming the Amygdala

Imagine walking into a crowded room where you need to give a presentation. For some, this idea of public speaking triggers a rush of anxiety, sending the amygdala, the brain's threat-detection center into overdrive. That's because this part of the brain perceives the situation as a threat, heightening your stress response and making it difficult to think clearly.

Microdosing can help regulate the amygdala's activity.

By calming the amygdala, microdosing allows you to approach challenges with resilience and clarity, empowering you to navigate difficult situations more effectively minus the panic and self-doubt.

A path to personal growth

Microdosing creates the conditions for real change. It helps develop mindfulness, emotional resilience, and self-compassion.

With the right mindset, you can break free from limiting beliefs, establish new positive habits, and discover a life of authenticity, which is really the biggest self love flex of them all.



Dr. Shauna Shapiro

When you microdose for the first time, make sure you have the necessary support and tools.

Dr. Shauna Shapiro, the creator and voice behind our program, is a leading voice within mindfulness and understanding the mind.





Unsure where to start?

We created the 5-week Mindful Microdosing Program,
written and narrated by world-leading psychologist
and mindfulness expert Dr. Shauna Shapiro
and neuroscientist Dr Amir Lotfi.

This will give you all the supplements and tools for a 5 week reset.

Important Considerations

Microdosing is not a cure-all and should not replace professional medical advice or therapy.
If you have a history of serious mental health conditions, consult a healthcare professional before microdosing.



DOWNLOAD OUR GUIDE AND UNLOCK YOUR FULL POTENTIAL