



Microdosing Mushrooms Safety Starter Checklist

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Many of us want the positive effects of taking a psychedelic drug, such as LSD or psilocybin, without the commitment of a full-blown trip. Enter, microdosing, an ongoing practice that has gained popularity due to its potential to enhance creativity, productivity, and overall well-being with minimal risks.

Beginner's Checklist

Although microdosing offers many potential benefits with low risk, it's important to take your time and review safety precautions. Follow this beginner's checklist to help you get started:

Do your own research

Staying in tune, yet critical, of microdosing news and information will make you a more empowered user. See [Üforia's in-depth beginner's guide](#) for ideas on what to research.

Use reliable sources

Learning to trust a source as reliable takes time and patience.

To help learn which sources are reliable or not, ensure you're gathering information from a mixture of mediums - such as academic research or trusted news outlets. Reliable sources will help ensure you are getting the most pure and safe substance to microdose with.



Consult with a medical professional

Consulting a medical professional before starting any new medicinal routine is always crucial, especially if you have any pre-existing medical conditions or are taking supplements or prescribed medication.

Discussing your hopes for microdosing with a medical professional will make you aware of any potential negative interactions or risks.

Start low and go slow

We're talking tortoise-slow here.

For the most helpful experience, start your microdosing journey with low doses. Starting off low with time between doses allows you to better judge how the substance is affecting your body. This will help you learn best how to microdose *for you*, and at what dose and frequency.

Don't mix substances

As you're finding your bearings with microdosing, it's wise to not mix other substances, like alcohol, that could dilute or misguide the experience.

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Choose a cozy environment

As with most psychedelic substances, it's helpful to be mindful of your environment. Choosing a safe and comfortable setting will provide for a more enjoyable experience. Look for places where you feel relaxed and at ease, avoiding anything new or potentially unsafe.

Avoid driving or operating that chainsaw

It's best to avoid driving, operating heavy machinery, and being responsible for someone else the first time you microdose.

Even at low doses, these substances can affect your motor skills and reaction time. Plan to mellow out and not have any heavy duty responsibilities as you experiment with dosage for the first time.

Your safety is always the number one priority. 

Eager for more? We recommend diving into some [frequently asked questions about microdosing](#).

FAQs

- ▶ Is microdosing legal?
- ▶ Can microdosing have negative side effects?
- ▶ How often should I microdose?
- ▶ Can microdosing help with anxiety and depression?
- ▶ Are there any long-term effects of microdosing?

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