



SACRED COUNSEL

USAGE GUIDE

FUNGI CHAI

CONTENTS

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Per bag: 150mg dried mushroom fruiting body, chaga & reishi mushroom fruiting body extract, cinnamon, fennel, cardamom, all spice, black pepper, clove, star anise, licorice, rooibos tea.

ABOUT

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Fungi Chai is our daily ritual, poured into a cup. A caffeine-free companion for mindful mornings, meditation, and integration work, it's built around chaga and reishi — the king and queen of the medicinal mushroom kingdom — chosen to support the immune system and calm the nervous system in equal measure. Our proprietary mushroom blend is folded through warming organic spices and rooibos tea, precisely dosed at 150mg per bag, so there's nothing to weigh and nothing to guess. The result is a slow, grounding cup that eases you into presence rather than jolting you awake — steady energy, a settled mind, and a gentle doorway into whatever practice you're bringing to it that day.

DOSAGE

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Each capsule is pre-measured at 0.15g of dried mushroom fruiting body, which is at the threshold of perceptual shifts. Individual sensitivity may vary, so it's recommended to start your protocol on a day off where you can see how you respond to the medicine.

HOW TO BREW

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Steep for at least 5 minutes in hot, but not boiling water. Sweeten to taste.

EFFECTS

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Effects should be mild, even sub-perceptual. Visual brightness and saturation, a subtle 'buzz' or warmth in the body, subtle shifts of thought, emotion are all normal. The body will develop a tolerance with lessening side-effects over time.

A note for beginners: if changes in perceptions are overwhelming, or thoughts feel altered rather than just clearer — that's a sign the dose is too high for a microdose. If your dosing is too strong (or not strong enough) let us know and we can make you a personalized blend.

PROTOCOLS

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PROTOCOL 1

● ○ ○ ● ○ ○ ○ ● ○ ○

Recommended starting point. Gentle, sustainable rhythm for first-time microdosers.

1 day on, 2 off — beginners

PROTOCOL 2

● ● ● ● ○ ○ ○ ○ ○

For those with prior microdosing experience seeking a deeper cumulative effect.

4 days on, 4 off — experienced

PROTOCOL 3

● ● ● ● ● ● ● ● ● ●

Continuous daily dosing for deeper support. A weekly check-in with yourself is recommended.

daily for one month

This is a companion to the steady work of integration.

VISIT THE SHOP — MICRODOSING 101 COURSE