



SACRED COUNSEL

USAGE GUIDE

NEUROGENESIS MICRODOSES

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Per capsule: 150mg dried mushroom fruiting body, 75mg lion's mane, 100mg niacin.

ABOUT

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The famous protocol created by legendary mycologist Paul Stamets. Lion's mane has been shown to support memory, cognition, and neuronal growth. Niacin is added as a vasodilator to open the blood vessels and help the mushroom alkaloids penetrate deep into the brain for maximum effect. Designed for slow, gradual change.

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.

TIMING

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For mood and energy, best taken away from meals, in the morning. Some studies show that dosing before bed may increase neurogenerative benefits, but can be difficult to fall asleep for some.

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. Niacin can cause a flushing sensation which can sometimes take you by surprise if you're not expecting it. This is a natural side effect, and usually diminishes after a few doses.

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

● ○ ● ● ○ ○ ● ○ ○

1 day on, 2 off — beginners

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

PROTOCOL 2

● ● ● ● ○ ○ ○ ○

4 days on, 4 off — experienced

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

PROTOCOL 3

● ● ● ● ● ● ● ● ● ●

daily for one month

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

This is a companion to the steady work of integration.

VISIT THE SHOP — MICRODOSING 101 COURSE