



# Welcome to the Rabbit Hole

## Your Microdosing Starter Guide

What Up Doe?!?

You're here because you are ready to shift.

That's what microdosing is all about.

**Small steps. Big changes.**

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## So What /s Microdosing?

Microdosing = taking tiny (sub-perceptual) amounts of psilocybin mushrooms to boost your mind, mood, and creativity — without “tripping.”

You stay grounded. You stay yourself. You just feel... better.  
Clearer. More *you*.

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## Why People Microdose

- To shake off brain fog
  - To feel more connected (to themselves, others, and nature)
  - To spark new ideas and creativity
  - To lighten anxiety or heavy moods
  - To build emotional resilience over time | A cure for burnout
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## How to Start

- **Start tiny:** 0.1g to 0.3g is the sweet spot.
- **Pick a flow:**
  - *1 day on, 2 days off* (keep it chill)
  - *4 days on, 3 days off* (for a bigger boost)
- **Set a vibe:** Every dose day, set a simple intention like:

"Today, I listen to my intuition and I follow it."

- **Keep track:** Write down what you notice. It's more powerful than you think.
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## A Few Pro Tips

- Nature is your best friend during this process. Go outside more.
  - Meditation helps lock in goodness. Even 5 minutes a day.
  - Hydrate like it's your job. Seriously.
  - If it feels too strong, lower the dose. Gentleness is the goal.
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## Free Gift: Microdosing Journal Page

We've included a simple **journal template** so you can track your thoughts, feelings, and growth. Nothing fancy — just real reflections, for real change.

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**Want the Good Stuff? Here's 20% OFF!**

Ready to get serious about this journey?

Grab our premium Microdose Capsules, Super Stacks, and more.



**Use code: [RABBIT20](#)**



**Hop Over to the Shop**

(Limited time. Don't snooze.)

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## **Why White Rabbit?**

Because we're not just selling capsules.

We're building a **movement** toward healing, clarity, and freedom.



Organic ingredients



Science-backed formulas



Soul-centered community

You're not just buying a product.

You're investing in *yourself*.

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# **Let's grow. Let's heal.**

**White Rabbit Psychedelics | [whiterabbitpsych.com](http://whiterabbitpsych.com)**

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### **Footer:**

*Disclaimer: Always follow your local laws. Psychedelics are powerful tools. Respect the medicine, respect yourself.*

# MICRODOSING JOURNAL

**DATE**

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**DOSE**

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**NOTES**

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