

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.**

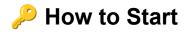
So What Is Microdosing?

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*.

🔆 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



- 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.



- 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.

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.

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: <u>RABBIT20</u>
Hop Over to the Shop

(Limited time. Don't snooze.)

Why White Rabbit?

Because we're not just selling capsules.

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

- Y Organic ingredients
- Science-backed formulas
- Soul-centered community

You're not just buying a product. You're investing in *yourself.*

Let's grow. Let's heal.

White Rabbit Psychedelics | whiterabbitpsych.com

Footer:

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

|--|

DATE			
DOSE			
NOTES			