

PSILOCYBIN MUSHROOMS

(shrooms, magic mushrooms)

| WHAT IS IT? | HOW DOES IT WORK? | HARM REDUCTION |
|---|---|--|
| <p>Psilocybin naturally occurs in over 200 species of mushrooms and has psychedelic effects. Commonly sold as whole dried mushrooms, powder, capsules, or prepared in chocolates</p> | <p>The body converts psilocybin from the mushrooms to psilocin in the body which stimulates serotonin receptors in the brain. This stimulation may be what causes hallucinations.</p> | <ul style="list-style-type: none">• Create an environment where you feel comfortable and safe• If possible, find a trusted friend to keep you company or check in with• Start low and go slow, especially if you are new to using mushrooms or combining with other substances (including alcohol)• Prior research should be done before harvesting wild psilocybin mushrooms to avoid misidentifying and ingesting poisonous mushroom varieties – check with an expert if possible |
| HOW DO I TAKE IT? | EFFECTS | |
| <p>Most often taken orally</p> | <p>Effects can vary from trip to trip and be influenced by factors such as physical setting, emotional state and dose.</p> <p>At a microdose, mood elevation, increased focus and increased energy may be experienced.</p> <p>At a higher dose common effects include hallucinations and visual distortion; euphoria, mindfulness and emotional intensity; nausea, confusion, anxiety, and rapid mood change.</p> | |
| DOSAGE | | MORE INFO |
| <p>Dosage of psilocybin mushrooms varies based on the potency of the mushroom, strain of mushroom and the part of the mushroom consumed. Additionally, dried mushrooms are Common doses are as follows:</p> <ul style="list-style-type: none">• microdose: 0.1 – 0.2 g• recreational dose: 1.0 – 2.5 g | | <p>https://www.erowid.org/plants/mushrooms https://drugs.tripsit.me/mushrooms https://psychonautwiki.org/wiki/Mushrooms</p> |
| ONSET/DURATION | WHAT ARE WE FINDING? | CONTACT US |
| <p>Initial effects may be felt at around 15 – 45 minutes. Effects can last from around 4 – 6 hours and will increase in intensity with peak occurring around 2 – 3 hours</p> | <p>Unfortunately, our current technology does not work well for identifying or quantifying psilocybin. However, feel free to reach out to us if you have questions about psilocybin testing or harm reduction.</p> | <p>Phone/text: 250-415-7637</p> <p>Website: substance.uvic.ca</p> <p> @SubstanceUVic</p> <p> @drugcheckingvi</p> |

