

# CONTENTS

## HOW TO DOSE PSILOCYBIN

- ✦ Low Dose
- ✦ Moderate Dose
- ✦ High Dose

## SET, SETTING & DOSE

### DOSING

- ✦ Nano Dose
- ✦ Micro Dose
- ✦ Creative Dose
- ✦ Moderate Dose
- ✦ Macro Dose
- ✦ Heroic Dose

## HOW TO USE STEM

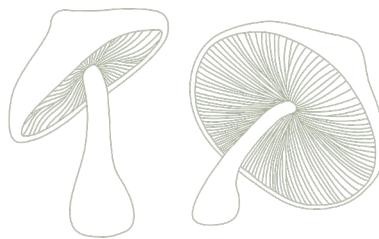
- ✦ Stem Dosing Guide
- ✦ 1.5 Gram Chocolate Bar
- ✦ 3 Gram Chocolate Bar
- ✦ 6 Gram Chocolate Bar
- ✦ 1/2 Gram Stem Assorted Chocolate Box
- ✦ Stem Assorted Chocolate Box
- ✦ Tea

# HOW TO DOSE PSILOCYBIN

---

When consuming psilocybin a common question many individuals have is “How much should I take?” and the answer to that really depends on the effects and benefits you are looking to receive from psilocybin. There are six different doses that one should consider before consuming psilocybin, a Nano dose, a Microdose, a Creative dose, a Moderate dose, a Macro dose, and a Heroic dose. Each of these will provide a different experience; this should be considered when looking to consume psilocybin.

Firstly, we would like to disclaim that these descriptions are a general guide, as effects may vary from individual to individual depending on weight, height, metabolic rate, tolerance, and external/ environmental factors. It is also important to note that each experience is different for every individual based on their life experiences, and personality traits. Two users taking the same dose may experience different effects. For individuals with lower body weight, the effects may be higher at lower doses and vice versa. When ingesting psilocybin individuals should start at a lower dose, taking the above factors into account when consuming to ensure the desired outcomes are attained.



As mushrooms are ingested and metabolised, effects usually take about 30-45 minutes before occurring. This again, may vary depending on an individual’s metabolic rate. Generally, if you have a high metabolism you will experience the effects faster than others.

For the purpose of this guide and clarity for the reader, we will differentiate the doses from low to moderate, and from high to above. Each of these doses offer different effects and outcomes for the user which should be considered before consuming. This medicine (psilocybin) is not “one size fits all”; it depends on the individual and what they find works best for them.

# LOW DOSE

Low doses are for individuals looking to be in complete control of themselves with manageable effects. These mild experiences are good for beginners exploring the benefits of psilocybin without the fear of undergoing psychoactive effects. These doses are for individuals looking to experience subtle enhancements such as heightened mood, energy, creativity, and focus.

# MODERATE DOSE

Moderate to high doses are not recommended for the beginner user as these experiences can be quite intense. We do not suggest taking these types of doses alone or without guided supervision. Individuals looking to consume these high doses are usually searching to heal trauma, blockage within the body, and to gain a new perspective in life. These experiences can bring about a lot of change within, which can be unsettling for some people. These doses should be carried out with a thoughtful SET and SETTING.

# HIGH DOSE

High Psilocybin doses have been used for centuries by ancient civilizations as a medicine to heal the body of traumas that lead to dis-ease. These were [ceremonies](#) that had participants in a safe space and assisted by guides throughout their experience. This medicine at high doses should not be taken lightly as it can cause mind altering experiences that require intention & mindfulness.

# SET, SETTING & DOSE

---

We would like to begin this guide by going through an overview of what SET, SETTING, and DOSE are. In this guide, we explore how one can ensure they have a beneficial experience with psilocybin through exploring SET, SETTING, and DOSE.

## SET

When we talk about psychedelic experiences, many will emphasize that you have your “set” ready. SET is referred to as your mental state going into the experience. Many things can play into SET, such as your personality, how your day went, the challenges you may be currently facing, your personal fears, desires, and conflicts etc.

To the right are a few things to consider before embarking on your experience.



**Grounding:** to ground yourself is to bring awareness to how you and your body are feeling. Studies have discovered that grounding helps individuals relax and let go. One easy way to ground yourself is by lying down with your hands over your chest taking deep breaths, being mindful of how you and your body are feeling with every inhale and exhale.

**Surrender:** to surrender to your experience may be hard, as some individuals may get moments of discomfort. But within all discomfort stems growth. If you can mindfully understand that what you are feeling is normal and “go with the flow” you may be amazed at what comes from this. [MAPS'](#) manual for how to work with challenging psychedelic experiences suggests that you allow “energy [to] move and express itself in whatever form.”

**Intention:** Intention speaks to the goal or reason you are looking to experience psilocybin. Your intention can be something you have been feeling lately, or it can take form in a question you have. You don't have to analyze your thoughts in depth, whatever they may be, simply revisit your intention throughout your trip and write down any thoughts/ ideas that come to you.

By creating a strong SET for yourself you increase the likelihood of having a more meaningful and powerful experience.



## SETTING

SETTING is referred to as the physical environment you are in when you embark on your journey. Psychedelics enhance an individual's mood and emotions therefore it is important to ensure you are consuming in a safe and comfortable environment as to minimize the risk of an unpleasant experience. We suggest you choose an environment that is familiar, safe, and comfortable. Being outside in nature is highly suggested, as on psychedelics you become more aware and connected to different energies. Create an atmosphere that is best for you, invite close friends, make a vibey playlist, have creative outlets ready, etc.

By controlling your SETTING you increase the chances of you having a wonderful and magical experience.



## DOSE

A common question many individuals have is "how much should I take" and the answer to that really depends on the effects and benefits you are looking to receive from this substance. There are six different doses that one should consider before consuming psilocybin, a Nano dose, a Microdose, a Creative dose, a Moderate dose, a Macro-dose, and a Heroic dose. Each of these will deliver different effects and should be taken into consideration when looking to consume psilocybin as each of these doses can provide the user with different outcomes and benefits. When we discuss doses we talk in milligrams, and grams (1000 milligrams equating to 1 gram). Below we have outlined and described the six different doses that an individual can consume.

# SUMMARY

---

To summarize, we want to note that a “bad trip” usually happens when one is not in a comfortable environment where they feel they cannot openly process the emotions that are arising throughout their experience. Sometimes even doing it with the wrong people can evoke negative sentiments as these individual’s energy may be giving you anxiety, or perhaps hinder your ability to process the emotions that are arising.

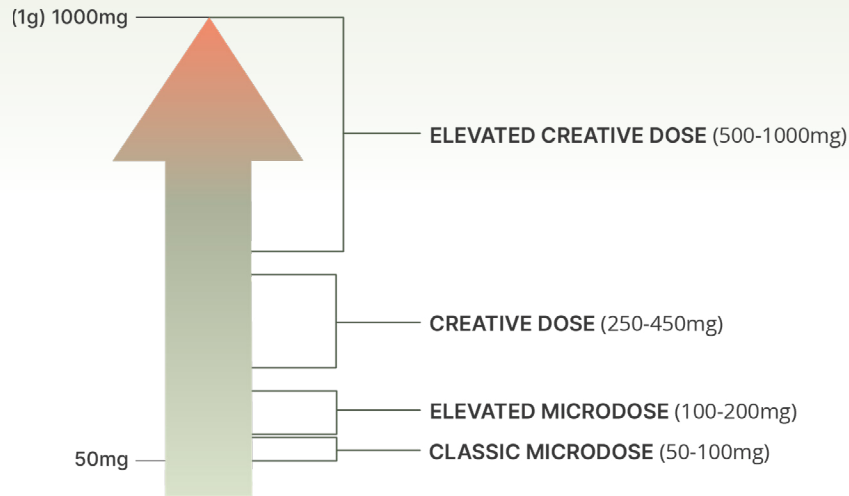
It is very common with high doses of psilocybin for individuals to go through moments of extreme sadness, and emotional release. Although afterwards, individuals have reported a weight lifted off their shoulders, and a deeper understanding of themselves and the world around them. This ties into our SETTING surrender example; moments of discomfort may arise, but if you accept it, and process it these emotions will be released.

Psilocybin is a powerful substance that can be used to aid individuals in their personal healing journey. It is important to do your personal research and have an understanding of your personal mindset, and the environment in which you will consume. Further, one should investigate the reason as to “why” they are looking to use psilocybin, and research the appropriate dose to take for their personal journey.

By controlling SET, SETTING, and DOSE individuals are primed to have an experience that will mitigate the effects of a “bad trip”.

# DOSING

When we discuss doses, we talk in milligrams, and grams (1000 milligrams equating to 1 gram). Below we have outlined and described the six doses that an individual can consume and the different effects they may have.



## LOW TO MODERATE DOSES

### NANO DOSE

20mg-50mg (.02g-.05g)

Benefits	Drawbacks
<ul style="list-style-type: none"><li>✦ Safe manageable dose for beginners</li><li>✦ No noticeable effects</li></ul>	<ul style="list-style-type: none"><li>✦ Individuals may be looking for "feeling"</li></ul>

A Nano Dose is typically between .02g-.05g or 20mg-50mg. This dose is such a small amount that one may think it is placebo, but don't worry, the medicine is doing all the work in the background. This dose should have an individual feeling slightly enhanced but nothing more. Great dose to start with for beginners to get a feel for what this medicine has to offer. From here individuals can choose to up their dose to what they find works best for them.



# MICRO-DOSE

75mg-150mg (.075g-.15g)

Benefits	Drawbacks
✦ Improved mood, Improved focus Creativity, Self- Efficacy, Improved energy, Social Benefits, Cognitive Benefits, Reduced anxiety, Physiological Enhancement	✦ Hard to gauge if individual has found correct personal dose

A Microdose is typically between .075g-.15g or 75mg-150mg. This dose should have an individual feeling completely like oneself and in no altered state. Individuals should feel more focused, energized, and generally less anxious. This dose is taken to enhance an individual's day-to-day activities.

If you are consuming a Microdose and are "feeling" something then that dose may be too high for you and you should consider lowering your dose. Other signs that your dose is too high are agitation, headache, sleepiness, and a hard time focusing. One should not "feel" effects on a Microdose, they should simply feel more energized, focused, less anxious, and in an enhanced mood. An individual should be able to go about all their daily activities on a Microdose.

It is important to note that the body does produce a tolerance to psilocybin and therefore it is recommended and important to take break days in between your doses. A Microdose is usually taken four to three times a week depending on one's dosing schedule. Most individuals choose either Fadiman's or Stamet's dosing protocol.

For your first time Microdosing we suggest you try it on a day off and log the affects you notice, and how you are feeling. This ensures proper dosing for each individual, as well as mitigates nervousness around trying a new substance. Starting low and working your way up to a dose that best fits your needs is suggested. Further, it should be ingested first thing in the morning, or with breakfast in order to receive benefits throughout the day. Psilocybin is a stimulant so if taken in the evening individuals may experience a harder time falling asleep, or more vivid dreams.

Microdosing is a new concept to many in the psychedelic realm as early studies rarely considered doing research on this specific dose. The exploration of psychedelics was often on high-doses, which offer very different effects than a Microdose (Gregoire, 2017).

Individuals Microdose to alleviate the undesirable symptoms of mental illness such as depression, anxiety, mood disorders, PTSD, ADD/ADHD, and addiction. The benefits individuals mention receiving are enhanced mood, more energy, better productivity and focus, less anxiety, and higher creativity (The Third Wave, 2020).

# CREATIVE DOSE

200mg-800mg (.2g-.8g)

Benefits	Drawbacks
<ul style="list-style-type: none"><li>✦ Effects that are noticeable &amp; manageable</li><li>✦ Enhances creativity</li><li>✦ Feel good relaxed dose</li></ul>	<ul style="list-style-type: none"><li>✦ Feeling of limbo, an “in between” dose</li><li>✦ Feeling of indecisiveness</li><li>✦ Sleepiness</li></ul>

A creative dose is typically between .2g-.8g or 250mg-800mg. This dose should have an individual feeling somewhat elevated, and their senses heightened. Colours are more vivid, feelings are more pronounced, and sounds of music are elevated. Everything you do and see is slightly enhanced. With a creative dose you are in an altered state, but still completely in control of all your senses and emotions. When consuming this dose individuals will not experience hallucinations, or a distorted sense of time. This dose is taken when wanting to create art, music, or having a fun night out with friends.

# MODERATE DOSE

850mg-2000mg (.85g-2g)

Benefits	Drawbacks
<ul style="list-style-type: none"><li>✦ Introduction into potential effects of psilocybin</li><li>✦ Noticeable yet manageable effects</li></ul>	<ul style="list-style-type: none"><li>✦ Moments of high sensory</li></ul>

A Moderate dose is between .85g-2000mg or 850mg-2000mg. This dose is ideal for individuals looking to experience and understand the potential effects of psilocybin in higher doses without being overwhelmed. With this dose one may experience enhanced visuals and auditory hallucinations. Geometrical patterns in objects will become more apparent, and you will start to feel a sense of oneness with the world. Communication and focus begin to drift, and you will begin to lose sense of time. Bursts of laughter are very common with this dose as one will begin to feel euphoric. With a Moderate dose, individuals are still in control and are able to process emotions that arise with ease.

# HIGH TO ABOVE DOSES

## MACRO-DOSE

2500mg-5000mg (2.5g-5g)

Benefits	Drawbacks
<ul style="list-style-type: none"><li>✦ True effects of psilocybin mushrooms</li><li>Healing experience</li><li>✦ Offering new perspective</li><li>✦ Guided session, thoughtful</li><li>✦ SET and SETTING</li></ul>	<p>Intense experience that</p> <ul style="list-style-type: none"><li>✦ should not be taken lightly</li></ul> <p>Moments of discomfort may</p> <ul style="list-style-type: none"><li>✦ arise (working through trauma/ mental and physical dis-ease)</li></ul>

A Macro-dose is between 2.5g- 5g or 2500mg-5000mg. This is a true psychedelic dose where an individual will experience altered visuals, the appearance of fractal patterns, and no sense of time. This dose will result in strong effects on consciousness, essence of being, and individuals' perceptions and understanding of the world around them. One will experience intense visions, moments of discomfort or extreme euphoria/ gratitude, and stages of great insight about oneself and surroundings.

Individuals who consume this amount are usually looking for a deeper understanding of themselves, the world around them, and their traumas. These experiences are described as life changing, transcendent, and a feeling of connectedness.

Note\* This should not be a dose that is taken on a whim without thought or preparation, as this can set off what is described as a "Bad Trip". This dose should be taken with assisted therapy and a thoughtful SET, SETTING, and DOSE.

# HEROIC-DOSE

5g and onwards (supervised by guides)

Benefits	Drawbacks
<ul style="list-style-type: none"><li>✦ Dissolving of the ego</li><li>✦ Feeling of transcendence</li><li>✦ Transforming experience</li></ul>	<ul style="list-style-type: none"><li>✦ Emotional and intense experience</li></ul>

A Heroic dose is 5g or 5000mg and upward. Individuals are transcended into a different realm where they experience intense visuals, a loss of identity, and personal introspection. People describe this experience as truly healing and life changing as they are able to see themselves from an outside perspective; detached from the ego. Individuals who take this dose are usually looking for a psychospiritual experience that reveals personal groundwork traits about themselves such as emotional, physical, and mental. They are seeking to gain insight of oneself, the world around them, and a spiritual release. Commonly one may experience a rise in emotions where deeply rooted trauma is brought to surface, processed, and let go.

Note\* This should not be a dose that is taken on a whim without thought or preparation, as this can set off what is described as a “Bad Trip”. This dose should be taken with assisted therapy, intention and a thoughtful SET, SETTING, and DOSE.



# SUMMARY

---

Psilocybin mushrooms have the possibility of producing varying effects depending on the dose ingested and the individual. It is not a 'one size fits all' type scenario, and individuals should put some thought and research into psilocybin and correct dosing before consuming.

From little to no effects to intense and life changing experiences, the medicinal substance, psilocybin, can be used to treat a wide variety of ailments.

Starting at low doses is best for becoming familiar with a new substance, as one can always increase their dose as they see fit. Being knowledgeable about psilocybin and its varying effects, consuming in a comfortable and safe environment, and being in the right state of mind can go a long way.

Individuals can find high quality and safe psilocybin products online at STEM that are available for delivery across Canada.

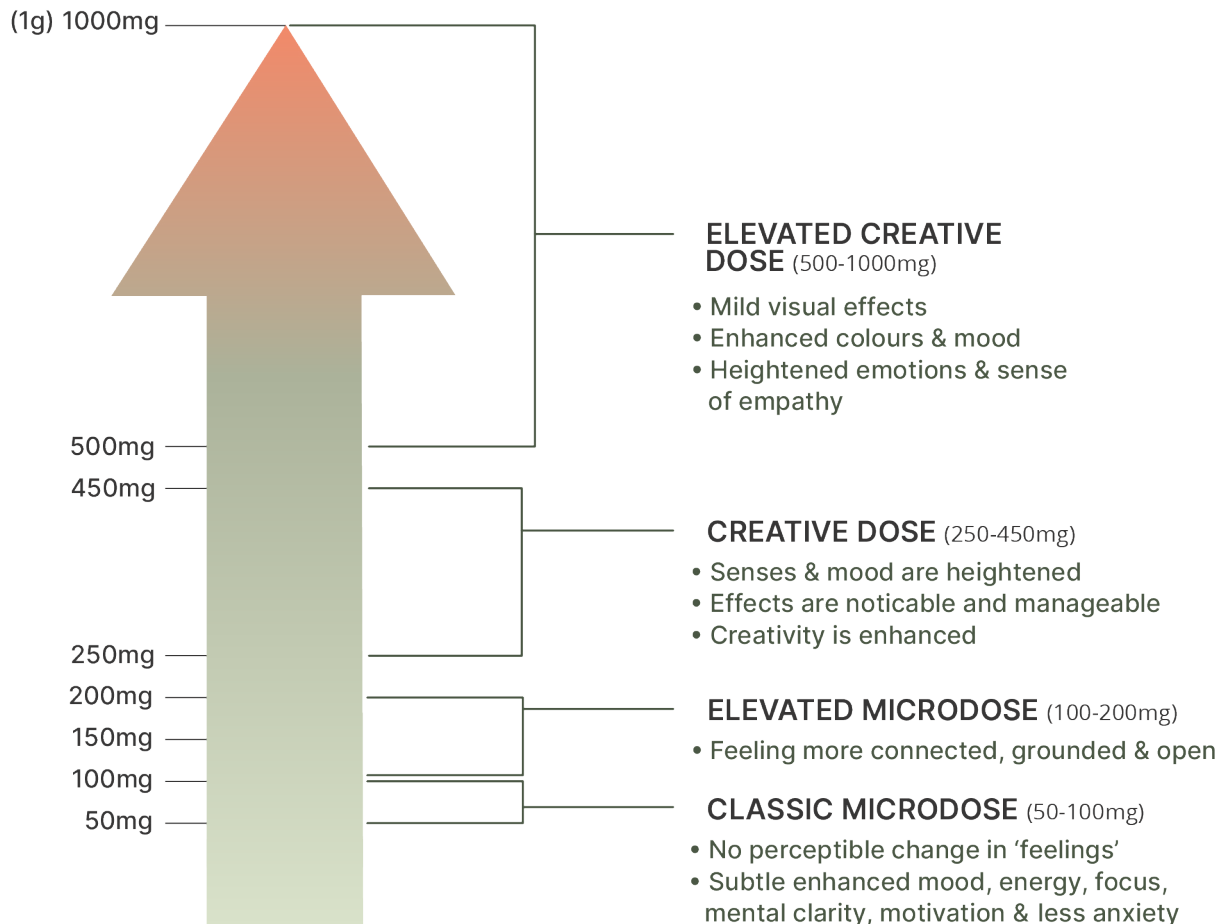
# HOW TO USE STEM

## STEM DOSING GUIDE

STEM has many premium products designed for Microdosing and Macro dosing whatever the occasion may be. With an easy dosing design, each individual can find a sweet spot and switch it up to a preferred custom dose.

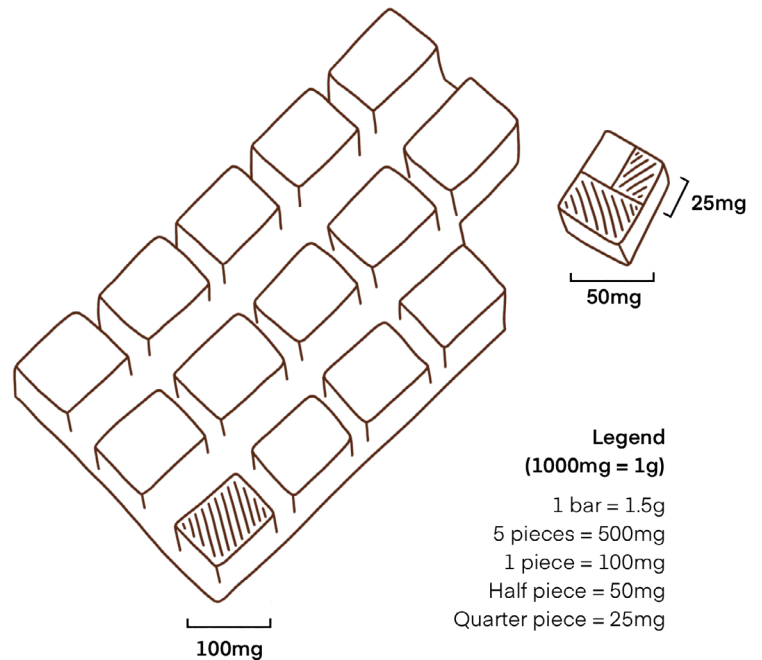
Think of a STEM chocolate as a couple months' worth of vitamins or health food supplements but with a little more magic and flavour.

STEMS chocolatiers hand craft small batches to ensure consistent quality and dose. STEM chocolate is crafted to supply the consumer seeking a premium elevated Microdose experience. From the wide range of psychedelic colours and flavours to the quality and community experience. At STEM we take pride in perfecting our psilocybin mushroom chocolates from taste to texture. All STEM chocolate is tempered so you get that glossy smooth chocolate with the perfect snap.



# 1.5 GRAM CHOCOLATE BAR

STEM's microdose chocolate bar contains 1.5 grams of psilocybin mushrooms divided between 15 pieces. Each piece contains 100mg of psilocybin mushrooms. These bars are great for a standard medicinal psilocybin microdose. We suggest starting with one piece (100mg) or half a piece (50mg) for a scheduled psilocybin microdose routine. Our STEM chocolate bars are designed to supply the individual with their preferred custom dose whatever the occasion may be. This is the perfect bar for a day off with no agenda, or for a regular psilocybin microdose to enhance your daily routine.



STEM chocolate bars, when used for microdosing, should last about 1-3 months if following Fadiman or Paul Stamets microdosing schedule. Each bar contains 15-60 doses.

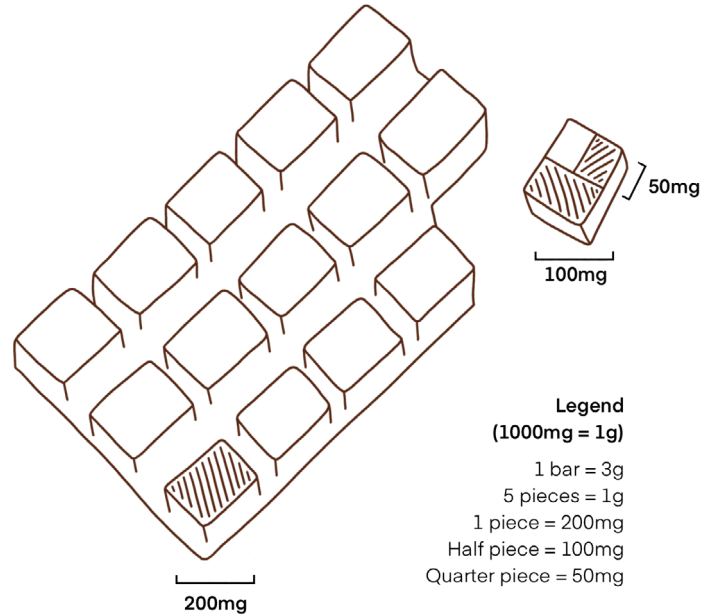
100mg (15 doses)  
50mg (30 doses)  
25mg (60 doses)

These doses are subject to how the bar is being divided. Please refer to the figure above. The STEM microdose chocolate bar is designed for custom doses. For more information on scheduled microdosing, check out our FAQ:

[What is scheduled microdosing?](#)

# 3 GRAM CHOCOLATE BAR

STEM's three gram chocolate bars contain 3 grams of psilocybin mushrooms divided between 15 pieces. Each piece contains 200mg of psilocybin mushrooms. These bars are great for a standard medicinal psilocybin microdose. We suggest cutting each piece in half (100mg) or quarters (50mg) for a scheduled psilocybin microdose routine. Our STEM chocolate bars are designed to supply the individual with their preferred custom dose whatever the choice may be. This is the perfect bar for a day off with no agenda, or for a regular psilocybin microdose to enhance your daily routine.



STEM chocolate bars, when used for microdosing, should last about 1-3 months if following Fadiman or Paul Stamets microdosing schedule. Each bar contains 15-60 doses.

200mg (15 doses)  
100mg (30 doses)  
50mg (60 doses)

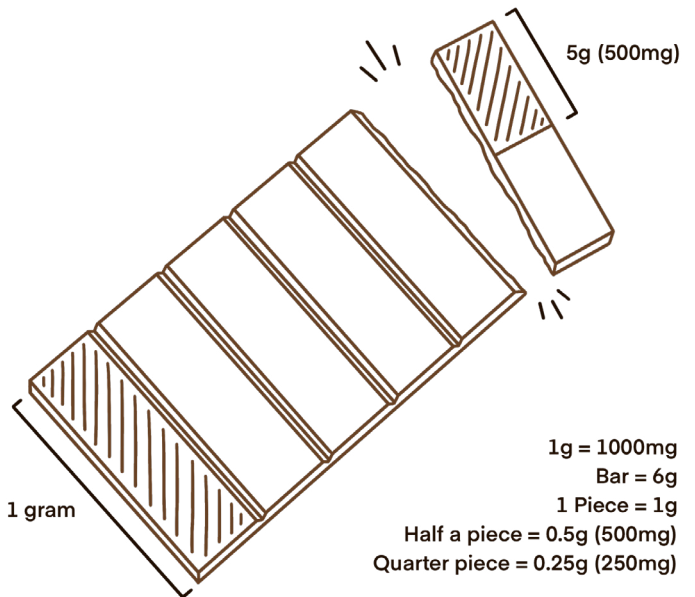
These doses are subject to how the bar is being divided. Please refer to the figure above. The STEM chocolate bar is designed for custom doses. For more information on scheduled microdosing, check out our FAQ:

[What is scheduled microdosing?](#)



# 6 GRAM CHOCOLATE BAR

STEM's 6 gram chocolate bar is designed for Individuals who are looking for a full experience or to share recreationally with friends. Each bar contains 6 grams divided between 6 pieces. This design is for Macro dosing, we suggest starting with 1-2 pieces (1-2g) for a full psychedelic experience. For individuals interested in a lighter, creative dose, we suggest cutting each piece in half (.5g) or quarters (.25g)



Depending on the individuals preferred experience, STEM 6 gram bars can be custom dosed for different occasions.

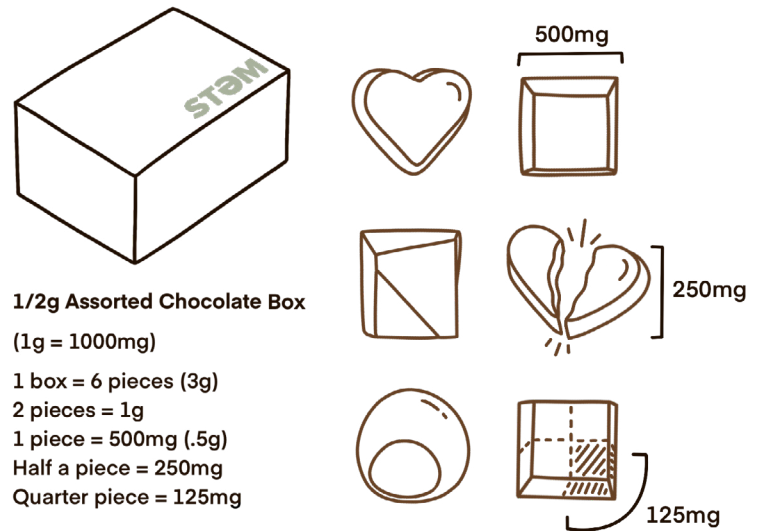
- 3g (2 doses)
- 1g (6 doses)
- .5g (12 doses)
- .25g (24 doses)

These doses are subject to how the bar is being divided. Please refer to the figure on the (left/right side?). The STEM chocolate bar is designed for custom doses. For more information on scheduled microdosing, check out our FAQ:

[What is a Macro dose?](#)

# 1/2 GRAM STEM ASSORTED CHOCOLATE BOX

STEM's 1/2 Gram Assorted Chocolate box is great for gifts and is designed for those who would like to have a full psilocybin experience. Each box contains 6 pieces of chocolate available in 3 flavours, Dark Chocolate, Classic Milk and White Chocolate Strawberry. Each piece contains 500mg of psilocybin mushrooms. These chocolates are great for a recreational creative or macrodose. We suggest starting with one piece(500mg) for a well rounded creative dose. STEM chocolates are designed to supply the individual with their preferred custom dose whatever the occasion may be. This is the perfect treat for a day off with no agenda, or for those looking to experience a full dose.



Each box contains 1-12 doses depending on the experience one is looking for.

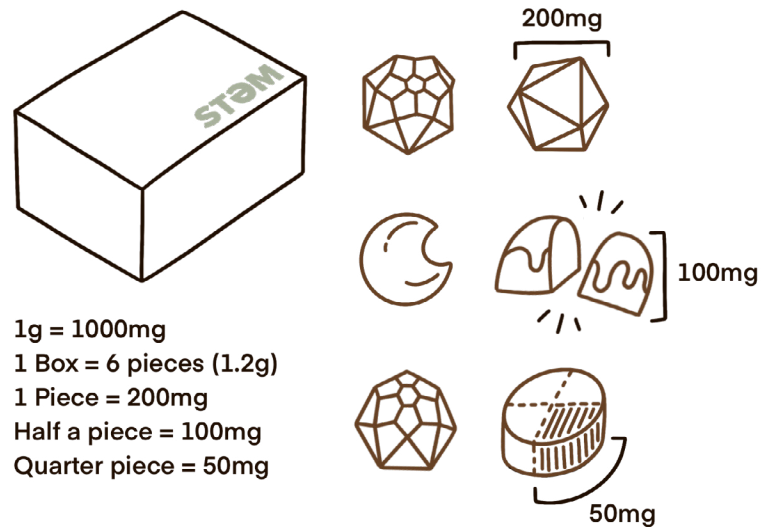
250mg (12 doses)  
500mg (6 doses)  
1g (3 doses)  
3g (1 dose)

These doses are subject to how each chocolate is being divided. Please refer to the figure on the (left/right side?). STEM chocolate is designed for custom doses. For more information on scheduled microdosing, check out our FAQ:

[What is a Macrodose?](#)

# STEM ASSORTED CHOCOLATE BOX

STEM's Assorted Chocolate box is great for gifts and sharing with those you love, and a great way to explore STEM's variety of flavours. Each box contains 6 pieces of chocolate. Each piece contains 200mg of psilocybin mushrooms. These chocolates are great for a recreational or standard medicinal psilocybin microdose. We suggest cutting each piece in half (100mg) or quarters (50mg) for a scheduled psilocybin microdose routine. STEM chocolates are designed to supply the individual with their preferred custom dose whatever the occasion may be. This is the perfect treat for a day off with no agenda, or for a regular psilocybin microdose to enhance your daily routine.



STEM chocolate, when used for microdosing, should last about 1 month if following Fadiman or Paul Stamets microdosing schedule. Each box contains 6-24 doses.

200mg (6 doses)  
100mg (12 doses)  
50mg (24 doses)

These doses are subject to how each chocolate is being divided. Please refer to the figure above. STEM chocolate is designed for custom doses. For more information on scheduled microdosing, check out our FAQ:

[What is scheduled microdosing?](#)

# TEA

STEM Tea is designed for Macro dosing. Each tea bag contains 1g of psilocybin mushrooms. We suggest starting with 1-2 tea bags for a full psychedelic experience. STEM Tea is great as an ice tea for those hot summer days or for warming up in the cozy winter.

Please refer to the figure below for a diagram of tea dosage.



STEM

ENJOY!

 [stemchocolate](https://www.instagram.com/stemchocolate)  
 [stemchocolate.com](https://www.stemchocolate.com)