



# iMICRODOSE

## INFORMATION LEAFLET: CONSUMER INFORMATION

**imicrodose Psilocybe Truffles 3 x 5 g.**  
**For approximately 15 doses.**  
**Magic truffles.**

**Please read the entire leaflet before you take this product, as it contains important information.**

Always use this product exactly as described in this leaflet or as advised by your doctor.

- Please retain this leaflet. You may need it again later.
- Do you still have questions after reading this information leaflet? Contact your doctor.

### Contents of this leaflet

1. What is imicrodose Psilocybe Truffles 3 x 5 g., and what is this product used for?
2. When should you not use this product, or when should you be extra vigilant?
3. How do you use this product?
4. Possible side effects
5. How do you store this product?
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### 1. WHAT IS IMICRODOSE PSILOCYBE TRUFFLES 3 X 5 G., AND WHAT IS THIS PRODUCT USED FOR?

Psilocybe truffles are a natural product containing psychoactive compounds which, depending on the dosage, have a hallucinogenic effect. In the Netherlands, this product is therefore qualified as a stimulant.

This product is used by repeated ingestion of low doses (microdosing). The aim is to achieve noticeable positive effects without disrupting daily activities. Positive effects you can experience are increased productivity, a more positive state of mind and a sharpening of the senses.

### 2. WHEN SHOULD YOU NOT USE THIS PRODUCT OR WHEN SHOULD YOU BE EXTRA VIGILANT?

#### When should you not use this product?

##### Age

This product is not intended for use by people under the age of 18.

##### Pregnancy and lactation

Do not use this product if you are pregnant, if you think you are pregnant, if you want to become pregnant or if you are breastfeeding.

##### Alcohol

Do not use this product in combination with alcohol.

#### When should you be extra vigilant with this product?

##### Are you taking medication?

Consult your doctor if you are taking any medication or have (food) allergies before starting using this product. Psilocybin activates serotonin receptors so any other medication that stimulates the serotonin pathways like SSRIs or Lithium might interfere with the truffle and lead to unwanted results.

##### Psychological disorders

Do not take this product if you have (had) psychological problems. Discuss with your doctor whether the use of this product is appropriate for you.

##### Effects on the ability to drive and operate machinery

Do not operate any motor vehicle or heavy equipment while under the influence of psilocybin.

### 3. HOW DO YOU USE THIS PRODUCT?

Always use this product exactly as described in this leaflet or as advised by your doctor. Are you not sure about the correct use? Contact your doctor.

It may take several weeks before the desired effects are felt.

#### Consumption

Eat this product raw (chew well) and preferably on an empty stomach.

#### Dosage instructions

To help you find the optimal dosage for you we recommend using the iMicro app ([www.imicroapp.com](http://www.imicroapp.com)) to keep track of your microdosing experiences. Many people start with a dosage of 1 gram. A higher or lower dosage may be necessary to achieve the desired effect. Do not increase the dosage by more than 5% per episode to determine the most appropriate dosage for you.

#### Frequency

You should not microdose everyday. We recommend using the iMicro app ([www.imicroapp.com](http://www.imicroapp.com)) to keep track of your microdosing experiences and find the optimal frequency for you.



#### Did you take too much of the product?

If you have taken too much of this product, unwanted side effects such as waves of nausea can lead to feelings of panic. In that case, stop all activities. Find a quiet, familiar place, relax and wait for these effects to wear off completely.

#### Did you forget to take the product?

Do not take a double dose to make up for a forgotten dose. Simply continue with the indicated dosage schedule.

#### If you stop using the product

The use of imicrodose magic truffles can be stopped abruptly without consequences.

### 4. POSSIBLE SIDE EFFECTS

If you stick to the recommended dosage, the chance of unwanted side effects is very small. If you experience noticeable perceptual changes or a feeling of intoxication, lower the dosage.

Based on the data available, these side effects are not harmful.

ATTENTION: Are you experiencing side effects after use that are not mentioned in this leaflet? Contact your doctor immediately.

### 5. HOW DO YOU STORE THIS PRODUCT?

#### Keep out of sight and reach of children.

This product should be stored in a cool, dark and dry place. Recommended temperature is 2-4 °C.

This product can be used at least until the expiry date. This date can be found on the bottom of the outer iMicrodose packaging.

### 6. OTHER INFORMATION

This product is distributed by:

SR Wholesale B.V.  
Rooiseweg 1  
5481 SJ Schijndel  
The Netherlands