

AKA: BLUE MEANIES, FOOD OF THE GODS, FUNGUYS, GOLD TOPS, GOLDIES, LIBERTY CAPS, MAGIC MUSHROOMS, MUSHIES, SHROOMS



PSILLO CYBIN

Disclaimer: This resource is produced by Hi-Ground & DanceWize. In an unregulated market it's impossible to know the purity or dose of any substance, educate yourself and practice harm reduction to reduce this risk. For more information visit www.hi-ground.org

Supported by: QuiVAA & QuiHN

Hi-Ground

Psilocybin is a naturally occurring psychedelic prodrug compound produced by more than 200 species of mushrooms, collectively known as psilocybin mushrooms or more commonly-magic mushrooms. As a prodrug, psilocybin is quickly converted by the body to psilocin, which has mind-altering effects similar, in some aspects, to those of LSD, mescaline, and DMT. Nearly all of the psilocybin containing mushrooms are small brown mushrooms easily mistaken for any number of non-psychoactive, or poisonous mushrooms in the wild. This makes identifying true magic mushrooms not only difficult, but potentially hazardous and possibly lethal.

Compound: PSILOCYBIN (4-PHOSPHORYLOXY-N,N-DIMETHYLTRYPTAMINE)

ADMINISTRATION

Swallowed



DURATION OF EFFECTS

TOTAL	4-9HRS
ONSET	15-120MINS
PEAK	2-3HRS
COME DOWN	1-3HRS
AFTER EFFECTS	0-6HRS

HALF LIFE

You may feel that the effects of the mushrooms may seem to decrease after a few hours as Psilocybin has an elimination half-life of 160 minutes, however it takes about 13 hours for more than 95 percent of psilocybin to leave the body. The effects may linger until you have slept properly.

DRUG TESTS

Police Roadside: Standardised drug tests don't test for psilocybin however it is illegal to drive under the influence and any driver may be subject to a roadside behavioural impairment test. Wait at least 24 hours before driving.

Drug Checking: There are DIY ways to identify the right mushroom. Research taking a spore print. You can also use a Ehrlich reagent to produce a reaction with psilocybin.

MOST COMMON EFFECTS

Visual hallucinations, Sensory enhancement (taste, smell, touch), Muscle tension, Increased sweating / heart rate, Dilated pupils, Unusual body sensations (chills, goosebumps, tingling), Feeling numb, Euphoria, Mood Lift, Meaningful spiritual experiences, Uncontrollable laughter, Downward spiraling thoughts and emotions, Confusion, Sleepiness, Distorted perception of time, Yawning (but not tired).

LESS COMMON EFFECTS

Increased salivation and mucus production (irritable coughing for some), Nausea – especially during onset, Dizziness, Anxiety, Lethargy (feeling heavy), Increased awareness and appreciation of music, Feeling of oneness with the universe and all beings, Blurred boundaries between self and other, Increased lateral thinking and problem solving, Reduced connection to ego (ego death).

RARE EFFECTS

Paranoia, fear and panic, Synaesthesia (tasting colour, seeing sounds etc.), Psychedelic drugs may accelerate the onset of schizophrenia and other mental health issues if you are genetically predisposed.

SAFER USING

- Magic mushrooms are usually eaten raw or brewed into tea. They can be consumed fresh or dried for later use. They can also be ground up after drying and put into caps.
- Potency can vary greatly from one mushroom to the next so it is important to test the strength by starting with a small dose.
- Use a milligram scale to weigh your dose.
- Weight of dose will vary depending on whether you use fresh, dried or capped (powdered and in capsules) mushrooms.
- A standard recreational dose of dried magic mushrooms is between 1 and 2.5 grams depending on body weight, tolerance, frequency of usage, and if you've eaten recently.
- It is best to wait at least 2 hours before redosing.
- Re-dosing usually does not intensify the trip due to tolerance build up but rather can extend the duration of the trip.
- Some people will make a tea with lemon to reduce nausea and stomach cramps and to reduce the come-up time of the psilocybin. It can come on quicker and be a more intense experience.