Understanding Psychedelics and **Mushrooms**



Psychedelics are mind-altering substances that may come from certain plants, mushrooms, or are made in a laboratory.

Psilocybin is a psychedelic substance found in certain fungi commonly known as “magic mushrooms” or “shrooms.”

Mushroom and psychedelic products **are sold in many local convenience stores, smoke/vape shops, and online.**

Common Forms and Use

Mushroom and psychedelic products can be sold as:

- **Fresh or dried mushrooms**
- **Edible products** – Gummies, chocolates, candies, snacks, and baked goods
- **Capsules,** tablets, and powders
- **Teas, beverages,** and liquid extracts
- **Microdosing** and nootropic products
- **Vape** or inhalable products

Risks and Signs of Use

- **Dependence** and **withdrawal** symptoms after regular use
- **Changes** in mood, energy levels, behavior, or appearance
- **Anxiety, panic, fear, paranoia,** or other emotional distress
- **Unusual thoughts**, confusion, altered perception, or difficulty communicating
- **Impaired judgement**, decision making, and coordination
- **Increased heart rate** and changes in blood pressure
- **Dilated pupils**, appearing unusually tired, drowsy, or less alert

Combining **mushroom and psychedelic** products with alcohol, medications, or other substances increases the risk of serious health effects and overdose.

Youth, pregnant women, and people with certain health conditions may face additional risks.

Did You Know?

- Products labeled “mushroom,” “functional mushroom,” or “psychedelic alternative” may contain unlisted ingredients.
- U.S. Food and Drug Administration (FDA) oversight varies by product type. Some retail mushroom products are sold without FDA approval for safety or effectiveness.
- Mushroom and psychedelic products resembling candy, snacks, or supplements may increase accidental poisoning risks, especially for children and pets.
- Psychedelic effects vary by person, mood, surroundings, health, and other substances used.

Industry and Marketing Tactics

Mushroom and psychedelic products are often marketed in ways that mislead consumers and minimize risks by using:

- **Words** such as “natural,” “wellness,” “focus,” or “mood-enhancing”
- **Candy-like packaging**, bright colors, and flavors
- **Unproven claims** about creativity, productivity, relaxation, or mental wellness
- **Promotion** through influencers, personal claims, and online communities

Assuming that products sold in retail stores are harmless can have serious consequences.

Mushroom and psychedelic products may contain hidden dangers. It can be hard to know how much you are taking or how it may affect you.

For health, safety, and legal reasons it is best to avoid using mushroom and psychedelic.

Learn more

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If someone has severe symptoms or is unresponsive, call **911** right away. For questions about possible poisonings or side effects, call **1-800-222-1222**