Psilocybin QTest Instructions

IMPORTANT:

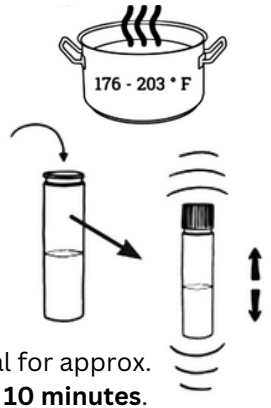
- Use this kit at room temperature. If stored in a refrigerator, let it warm up for 1 hour first.
- **ALWAYS** wear protective gloves and safety glasses while testing.
- Perform the test on a flat surface during the day, and evaluate the result in daylight immediately after the **15-minute** development.
- Use a white, letter-sized sheet of paper as a background when evaluating the color. (See **Evaluate the Results** for details).
- Do **not** open the sealed, glass vial.

BEFORE TESTING, PLEASE NOTE:

- This test kit detects the concentration of **psilocybin** and **psilocin** in **dried fungal material** (solid or powdery mushrooms—mycelium, fruiting bodies, sclerotia "truffles," or dried extracts). It does **not** work with **fresh mushrooms**.
  - The total will be given in terms of **psilocybin**, but rest assured, these results measure **both** the psilocybin and psilocin present.
- You need to **homogenize** your dried mushroom material before you perform the test, using a grinder (or coffee grinder).
  - Alternatively, you can finely chop material on a cutting board using a sharp knife. Then, mix the chopped material thoroughly.
  - Psilocybin is **not** naturally distributed evenly inside of mushrooms, so one mushroom can have **significantly** more/less psilocybin than another from the same batch.
- Weigh out **150 mg** of homogenized material for the test.
  - The result will tell you the percentage of psilocybin per gram in **all remaining homogenized material** (in terms of mg/gram).
  - For concentrated extracts, use a proportionally lower amount.
    - **EXAMPLE:** Weigh out 75 mg of material for a 2X extract (150÷2). Weigh out 15 mg of material for a 10X extract.
- You will also need a pot to boil water and a pair of kitchen tongs.

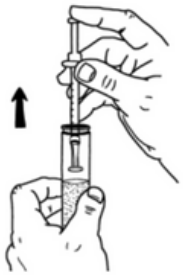
Perform the Test

IMPORTANT: Please read the Safety Information before conducting any test.



TEST STEPS:

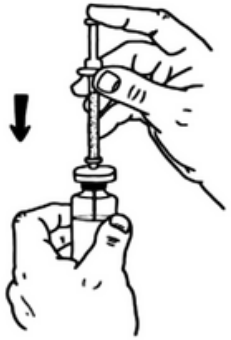
1. Bring **1 liter** of water (about **4 cups**) to a boil, either in a pot on the stove, or in a kettle. This will be used in **Step 10**.
2. Open the plastic extraction vial (with the white cap) and carefully pour in your mushroom material using a small funnel or creased paper.
3. Screw the lid back on tightly and shake the vial for approx. **10 seconds**. Then put the vial down and wait for **10 minutes**.
   - During this waiting period, repeat the shaking process **2** more times, once at about **3 minutes**, and again around **7 minutes**.
   - Make sure the vial rests for a few minutes before proceeding to the next step. This allows the material to settle, making it easier to draw up fluid into the syringe through the filter tip.



4. Unpack the syringe and the syringe filter tip. Attach the filter tip to the syringe. Remove the lid from the plastic vial (with the white cap).
5. Hold the vial with 1 hand, and use your other hand to insert the syringe into the vial. Pull the syringe plunger completely open and hold it there, while the syringe slowly fills up with **1 ml** of liquid.
6. Remove the syringe from the plastic vial and disconnect the filter tip. Unpack the blunt needle, remove its plastic casing and attach it to the syringe.

Perform the Test (cont.)

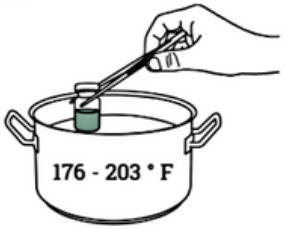
TEST STEPS (cont.):



7. Pierce the septum of the sealed, glass vial (the center of the lid) using the blunt needle, making sure the tip does **not** touch the liquid in the vial.

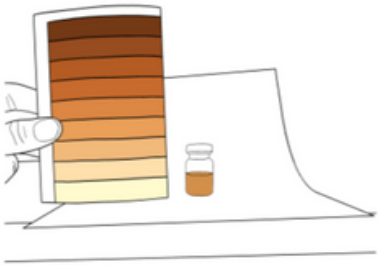
8. Inject all the liquid into the vial evenly with moderate pressure. Then, before removing the empty syringe, completely fill it with air. This prevents liquid from splashing out when removing the syringe.

9. Remove the syringe and blunt needle from the glass vial. The liquid in the glass vial may now have a **greenish** color. This indicates the presence of some amount of psilocin in the sample.



10. Bring the water back to a boil, then remove from heat. Once it stops boiling, place the glass vial into the water using a pair of kitchen tongs, and incubate it for **15 minutes** (it is okay to completely submerge the vial—water will not enter through the septum).

11. The solution in the vial will start to change color. After **15 minutes**, carefully remove the vial from the water using the kitchen tongs, being careful not to touch the glass vial with your fingers.



After a few minutes, it will be cool enough to touch. Use the color chart to determine the concentration of your homogenized material.

Evaluate the Results

RESULTS EVALUATION TIPS:

- Evaluate the results after incubating the vial in hot water for **15 minutes.** The results will be invalid after **4 hours**.
- Daytime sunlight is best suited for optimal evaluation.
  - If using artificial light, different color temperatures may slightly change the vial's hue (e.g. high blue content in energy-saving lamps, green discoloration when using LED light from cell phones, etc).

RESULTS EVALUATION STEPS:

1. Use a white, letter-sized sheet of paper as a background.

2. In daylight or under bright light, hold the glass vial next to the color chart about **6 to 8 inches** in front of the white sheet of paper and look through the glass vial head on.

3. Compare the color of the liquid in the vial to the color chart. The corresponding concentration of psilocybin/psilocin is listed as a **percentage**, as well as a ratio of milligrams per gram of material (**mg/gram**). This concentration applies to all of your **remaining homogenized material.**

For extracts, you need to **multiply** by the same factor that you **divided** your starting material at the beginning of the process.

- **EXAMPLE:**
- If you tested a **2X extract,** and initially **divided** your material by **2** (using 75 mg instead of 150 mg), then you need to **multiply** your resulting number by **2** to obtain the correct result.
- Similarly, if you tested a **10X extract** (using 15 mg instead of 150 mg), you will need to **multiply** your result by **10** to see the true concentration.