

## **Oregon Psilocybin Services (OPS) Psilocybin Product Potency Information**

This information supports client decisions on selecting a product type and dose that aligns with their intentions for the administration session.

Psilocybin is a naturally occurring psychedelic compound. It is found in over 200 species of mushrooms. For centuries, Indigenous and tribal communities around the world have used psilocybin for spiritual, ceremonial, and other purposes. Regulated psilocybin services are now a legal option in Oregon. However, psilocybin is still a Schedule I substance under the Federal Controlled Substances Act.

### **OPS Administrative Rules and Safety**

Oregon Psilocybin Services (OPS) administrative rules are designed to support client and product safety and require licensees to be accountable for following the requirements. Below are some examples of how rules promote safety regarding dosage of psilocybin products.

- OPS rules on dosage and duration of client administration sessions are based on milligrams of psilocybin analyte. Every batch of psilocybin products, including whole fungi, is required to be tested for psilocybin content. All products must be tested, packaged, and labeled before being transferred to a service center.
- The maximum dose a client may consume, up to 50 mg of psilocybin analyte, is established in OPS administrative rules. The minimum duration for administration sessions is dependent on the dosage the client consumes and ranges from 30 minutes for lower, subperceptual doses to six hours for higher doses. OPS rules also specify minimum facilitator-to-client ratios for group administration sessions to ensure that clients receive an adequate level of support.
- Clients must remain at the licensed service center for the minimum duration of time depending on the dosage they consume. Following the minimum duration, a facilitator must consult with a client to determine whether continuing the administration session is necessary to ensure the safety of the client. Client experiences may vary, and it is important that clients are no longer experiencing the hallucinogenic effects of psilocybin when they leave the

administration session. Clients are prohibited from driving or operating machinery after an administration session and must follow the transportation plan created during the preparation session.

- OPS rules require safe manufacturing processes based on existing agricultural and food safety standards. Production of psilocybin by chemical synthesis and use of adulterants is prohibited.

## Potency

When consumed, the body converts psilocybin into psilocin, a psychoactive substance. Psilocin is also found naturally in some mushrooms.

OPS rules require manufacturers to label their products with the amount of psilocybin in milligrams. This potency information helps determine how long an administration session may last to support client safety. Potency testing measures the amounts of both psilocybin and psilocin in products and calculates a value for “total potential psilocin” at the time of testing. Laboratory testing rules provide a formula for this calculation, which estimates how much psilocin will be available to users of psilocybin products. The formula assumes that all measured psilocybin will convert to psilocin, which depends on the client.

The total potential psilocin value is published in the Product Information Document but is not required to be listed on product labels. Manufacturers may choose to include total potential psilocin on the product label. Both facilitators and clients may use the total psilocybin analyte and total potential psilocin values to help decide what dose is best for the client.

It is important to note that potency testing results only reflect the specific sample tested at that point in time. There is limited reliable data on how psilocybin or psilocin breaks down, or degrades, over time and how other compounds in psilocybin mushrooms might affect potency. Some sources suggest that psilocin may degrade faster than psilocybin. Additionally, the amounts of these substances can differ widely, even between mushrooms in the same batch. Therefore, when consuming whole mushrooms, clients should view the test values for psilocybin and total potential psilocin as approximate.

For more information, please visit the [OPS website](#).