

The sheets for smoking, vaping and quidding Salvia can be found in the bottom bar of this sheet, or by using the hyperlinks.

All dosages are based on trip reports as well as information from DMT-Nexus and Sage Wisdom.  
This means that the dosages are just assumptions and will be changed over time depending on the feedback it gets.

[Smoking](#)

[Vaping](#)

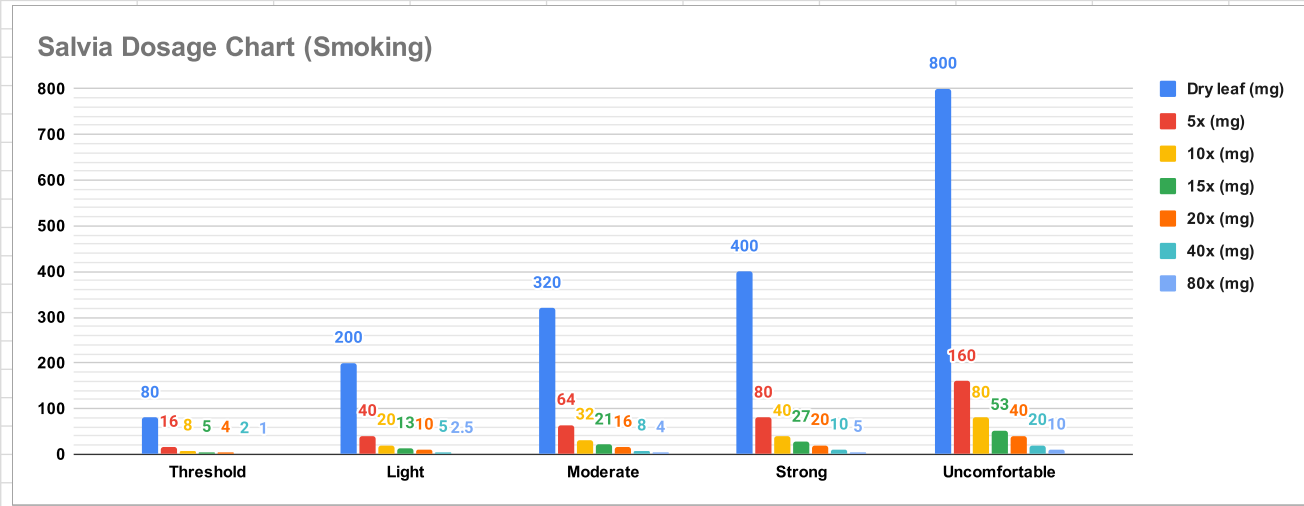
[Quidding](#)

**Feedback / Contact**  
**(Reddit is the best way to contact me)**

Reddit: [/u/anonpsychonaut-](#)

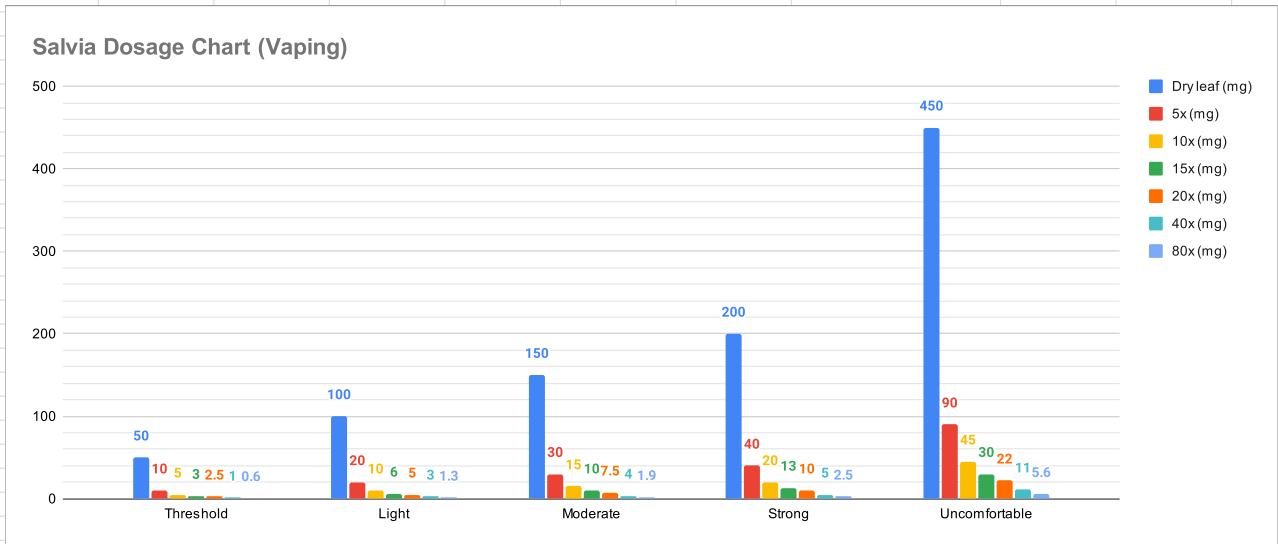
Mail: [anonuser.guest@protonmail.ch](mailto:anonuser.guest@protonmail.ch)

Smoking							
	Dry leaf (mg)	5x (mg)	10x (mg)	15x (mg)	20x (mg)	40x (mg)	80x (mg)
Threshold	80	16	8	5	4	2	1
Light	200	40	20	13	10	5	2.5
Moderate	320	64	32	21	16	8	4
Strong	400	80	40	27	20	10	5
Uncomfortable	800	160	80	53	40	20	10



Vaping							
	Dry leaf (mg)	5x (mg)	10x (mg)	15x (mg)	20x (mg)	40x (mg)	80x (mg)
Threshold	50	10	5	3	2.5	1	0.6
Light	100	20	10	6	5	3	1.3
Moderate	150	30	15	10	7.5	4	1.9
Strong	200	40	20	13	10	5	2.5
Uncomfortable	450	90	45	30	22	11	5.6

NOTE: Due to lack of clear information online, all of the dosages have been made a bit lower than they need to be, for safety reasons.



Quidding	
	Dry leaf (g)
Threshold	1
Light	4
Moderate	7
Strong	10
Uncomfortable	20

Salvia Dosage Chart (Quidding (g))

