

DOSING & TIMING · ONE-PAGE REFERENCE

How to Take Mucuna Pruriens for Dopamine Support

A no-guesswork reference for getting the most from a standardized 20% L-Dopa extract — how much to take, when to take it, and how to build a routine that stays effective over time.

DOSING QUICK REFERENCE

IF YOU ARE...	DOSE	WHEN	NOTES
A first-time user	1 capsule (700 mg)	Morning, empty stomach	Assess for 1–2 weeks before adjusting anything.
Using it for mood & motivation	1–2 capsules	Morning	Split into two if taking 2 (e.g. morning + midday).
Focused on training	1–2 capsules	Pre-workout, empty stomach	Avoid protein within ~90 minutes for best absorption.
Sensitive to stimulants	½–1 capsule	Morning, with light food	Start low, go slow. Food softens the onset.
Cycling for the long term	1 capsule	5 days on, 2 days off	Helps keep effects consistent over months.

WHAT TO EXPECT & WHEN

ON AN EMPTY STOMACH 30–60 min Fastest onset. Best for a clear morning or pre-workout window.	WITH FOOD 60–90 min Gentler, slower onset. Easier on a sensitive stomach.	FOR A STABLE BASELINE 1–2 wks Consistent daily use is where steady mood & drive show up.
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THE NUMBERS THAT MATTER

700 mg PER CAPSULE	20% L-DOPA STANDARDIZED	~140 mg L-DOPA PER CAPSULE	2 max CAPSULES / DAY*
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Keep it simple to start. One capsule in the morning, on an empty stomach, for two weeks — then decide whether to adjust. Most people never need more than that. **Do not exceed 2 capsules per day without guidance from a healthcare professional.*

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

FREE LEVERS THAT SUPPORT DOPAMINE

Mucuna gives your brain the raw material. These daily habits help it do more with it — all free, all worth doing alongside.

Morning light — Natural light early in the day supports healthy dopamine signaling. A short walk does double duty.

Movement — Even a brisk walk reliably supports dopamine activity. Consistency beats intensity.

Protein early — Dopamine is built from tyrosine, an amino acid in protein-rich foods. A protein-forward breakfast gives the brain its raw material.

Real sleep — Aim for 7–9 hours. Dopamine receptors reset overnight; chronic short sleep blunts the whole system.

Protect your reward system — Endless scrolling floods the brain with cheap dopamine and dulls ordinary pleasures. Deliberate phone breaks help recalibrate.

Manage stress — Chronic stress hormones suppress dopamine over time. Anything that lowers that load helps.

BEFORE YOU START – SAFETY NOTES

Talk to your doctor — Especially if you take antidepressants, MAOIs, or any medication that affects dopamine — clear Mucuna with them first.

Watch the late-day dose — Taken too late, it can make winding down harder. Morning is the safe default.

If you feel off — Nausea, headache, or restlessness usually mean the dose is too high or too late. Drop to 1 capsule and take it earlier.

Not for everyone — If you are pregnant, nursing, or managing a health condition, this is a conversation for your healthcare provider.

Ready to feel the difference?

Keter Wellness Mucuna Pruriens is standardized to 20% L-Dopa in a 700 mg capsule — lab-tested, consistent potency, every batch.

[SHOP ON AMAZON →](#)

Want the full picture? Our complete guide covers the science, dosing, and timing in depth — plus how Mucuna fits alongside the lifestyle levers above. Find it at keterwellness.com under "Learn."