



Monomyth 5-MeO-DMT Hero Dose User Guide

Introduction

5-MeO-DMT is a legal substance. With effects lasting only 45 to 60 minutes, a peak psychedelic experience is now possible without the legal risks or the 8–12-hour time commitments associated with the use of magic mushrooms or LSD.

Our rechargeable premium ceramic 510-thread vaporizer cartridge kits are easy to use. Just press, inhale and hold. The longer the inhale, the more the effects of the product will be felt. For a microdose, one two-second inhale, for a light dose, one five-second inhale, for a medium dose, two five-second inhales, for a breakthrough dose, three to four five-second inhales. Please see our dosage guide below for more in-depth information.

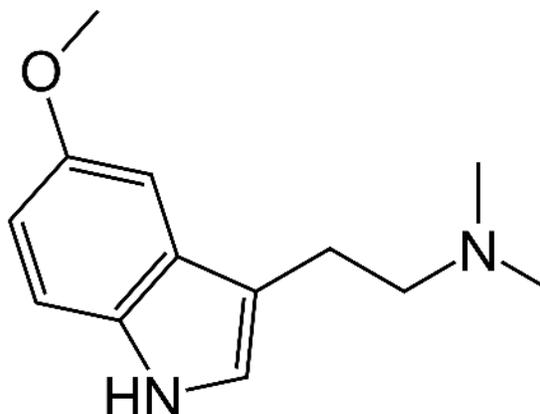
We take quality assurance and product safety seriously. All our products are quality tested by a third-party laboratory for our, and your peace of mind.

What is 5-MeO-DMT

5-MeO-DMT is a psychedelic compound structurally defined as a tryptamine. It is potent and fast acting 5-HT_{1A}/5-HT_{2A} serotonin antagonists. It is not the same as DMT. Most famously 5-MeO-DMT is found in the milky secretions of the Sonoran Desert Toad (*Bufo alvarius*) native to the southwestern United States and northwestern Mexico. Harvesting of *Bufo* 5-MeO-DMT secretions for use in psychedelic experiences has led to intense ecological pressure on the population, leading to the listing of *Bufo alvarius* as “endangered” in California and “threatened” in New Mexico. 5-MeO-DMT is also found in a variety of plants some of which constitute the active ingredient of psychoactive snuffs such as yopo, used in Central and South America. It can also be produced synthetically. We believe the ecological strain resulting from toad secretion harvesting is unethical and encourage practitioners to use synthetically derived 5-MeO-DMT.

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While there is limited research into the use of 5-MeO-DMT, most people who have used 5-MeO-DMT do so infrequently for the purpose of spiritual exploration. Many report intense mystical experiences. The majority of study participants who reported being diagnosed with psychiatric disorders, including post-traumatic stress disorder, depression, anxiety and substance abuse disorders claimed improvements to their symptoms following their 5-MeO-DMT session.



In the last few years 5-MeO-DMT has increased in popularity as preliminary research and anecdotal reports by high profile individuals such as Mike Tyson have identified it as a healing agent.

The Experience

Vaporizing or smoking 5-MeO-DMT is the most common mode of consumption. The effects are fast acting and can be felt within the first 30 seconds following inhalation, peaking in 1-15 minutes and lasting for up to 30 minutes. For synthetic 5-MeO-DMT, 1 to 2 mg would constitute a common threshold dose, while 8-12 mg would be a common full effect dose.

The effects of 5-MeO-DMT peak quickly and can take users by surprise. Users often experience a loss of physical coordination and control. Commonly users experience bright colors, moving environments, and recursive patterns. Emotions can range from euphoria to extreme fear. As is common with many psychedelics, anxiety or excitement is normal at the onset. Rather than being a visionary experience like DMT, 5-MeO-DMT is described as a shift in perspective characterized by physical, emotional and conceptual effects. Often tactile awareness is quite strong and can lead to sensory discomfort. Common also is a sense of oneness with the universe, a sense of being outside of time and space while experiencing the totality of both. Other effects include auditory hallucinations, time distortion, nausea and memory loss.

Benefits & Risks

While 5-MeO-DMT has been used by South American shamans for time immemorial, research supporting purported benefits is limited.



A 2018 study from Brazil showed that a single dose of 5-MeO-DMT stimulated cell proliferation in the hippocampus of mice. This neurogenic effect is postulated to contribute to the known antidepressant properties of tryptamine psychedelics. Further, a 2019 study reported that of 42 individuals who used toad derived 5-MeO-DMT a single time experienced long lasting positive changes to their self-assessed level of depression, anxiety, stress. Participants who experienced higher levels of ego dissolution or oceanic boundlessness during their sessions also displayed higher levels of satisfaction with life.

Phase 1 trials with 5-MeO-DMT concluded that doses ranging between 2-18 mg were safe and well tolerated by all 22 study participants. No serious adverse effects were reported and adverse effects resolved themselves. The only moderate adverse effect reported was increase in heart rate which was observed in one study participant.

Fast acting nature of 5-MeO-DMT may lead it to be more suitable for use in a therapeutic context. Where a session of 5-MeO-DMT can be concluded in 1 to 2 hours, a session with psilocybin or LSD will easily last all day. Limited numbers of care providers, combined with long therapies could risk limiting access of patients to psychedelic therapies.

Inflammatory inhibition is suspected as 5-MeO-DMT modulates prolactin via central 5-HT receptors and by the direct inhibition of ket inflammatory pathways.

The manner in which psychedelics contribute positively to mental health changes has been attributed to the psychological psychedelic experience as well as the underlying neurophysiological responses. From the former perspective, subjective psychedelic experiences and effects are deemed prerequisites for therapeutic responses, whereas in the latter the underlying neurobiological mechanisms are to be attributed to benefits the user may experience. Indeed, these are not mutually exclusive and perhaps the most likely explanation is a combination of these mechanisms that convey long-term beneficial effects of psychedelics including 5-MeO-DMT.

A recent review of 20 studies assessing clinical response to psychedelics in patients with a variety of mental health disorders supported the notion that intensity of the psychedelic effect was the primary determinant of beneficial responses. These conclusions are consistent with observational studies with 5-MeO-DMT, suggesting that intense psychedelic effects are more likely to contribute to a psychological response in users.

Set and setting have long been known to alter the quality of psychedelic experiences. Set includes the user's personal beliefs, attitudes and motivations as they relate to the psychedelic. Setting traditionally refers to the external environment in which the psychedelics are taken. Positive expectations, openness to the psychedelic and a trusted, supportive environment are predictors of generally positive experiences. Survey data for use of 5-MeO-DMT confirms this



where 83% people who used 5-MeO-DMT in a structured environment described their experience as mystical. Only 54% of those whose environments were unstructured reported mystical experiences. Therefore, those who were in a safe setting, set positive intentions, utilized ceremonial or shamanic techniques, eliminated distractions and meditated prior to taking 5-MeO-DMT were more likely to have a positive experience.

5-MeO-DMT is safe to use and has a low risk of health consequences. However, 5-MeO-DMT should not be taken with MAOIs, including certain antidepressants. This combination may result in elevated blood pressure, heart rate and temperature, seizures, long-term kidney damage, serotonin syndrome and even death.

Use of 5-MeO-DMT with a sitter is advised. The user may lose consciousness or interact inappropriately with the external environment. The sitter should also monitor breathing. The user should be reclined or laying down to avoid the possibility of falling over.

Certain risks are associated with toad venom of *Bufo alvarius* and not synthetic 5-MeO-DMT. Toad venom contains a range of pharmacologically active compounds in addition to 5-MeO-DMT. Many of these active compounds are cardioactive. People with a cardiovascular disease or a family history of cardiovascular disease would be wise to exercise caution when taking 5-MeO-DMT derived from toad venom secretions.

Legality

5-MeO-DMT is not controlled in Canada.

5-MeO-DMT is a Schedule I controlled substance in the US, making it illegal to manufacture, distribute, possess, or buy.

5-MeO-DMT is not controlled in Mexico.

5-MeO-DMT is prohibited in the UK, Australia, New Zealand and many European countries.

How Monomyth 5-MeO-DMT is Made

We offer synthetic 5-MeO-DMT products. They are produced in a laboratory using a controlled and clean process to deliver a safe, reliable and effective product using the following steps:

Step 1: Synthesis

The first step is to mix the chemical precursors and allow the chemical reaction to proceed to completion under cold temperatures.



Step 2: Purification

After the reaction has completed, we purify the 5-MeO-DMT in a two-stage distillation process. First, we use gentle heating to remove residual water and reaction by-products. Next, we increase the temperature under low pressure to distill 5-MeO-DMT from residual salts left over following the reaction. The distilled raw product will then crystalize.

Step 3: Testing

The crystallized 5-MeO-DMT is then sent out to a third-party laboratory for testing. Mass Spectrometry is used to ensure the product is clean and the reaction completed correctly. Once testing is completed and the safety and purity of the product is confirmed, the crystallized 5-MeO-DMT moves on to formulation: The next step on its journey to finished product.

Step 4: Formulation

5-MeO-DMT crystals are thoroughly dissolved in diluant and flavor is added.

Step 5: Packaging

After formulation, our premium all ceramic vaporizer cartridges are filled with an exacting weight of the formulated product to ensure consistency and precision in dosing. The cartridge is then sealed, packaged and ready for delivery.

Dosing Information

The effects of 5-MeO-DMT come on within 0-30 seconds of inhale and peak between 1-15 minutes. Within 1 hour most users will be back at baseline. It is important to understand that effects can vary significantly person-to-person. It's important that you **start low and go slow!** The Monomyth - HeroDose 5-MeO-DMT Vaporizer Cartridge (150mg) will deliver approximately 2.5 mg per 5 second inhalation or 0.5 mg per second of inhalation time.

Caution: *Battery voltage will influence the amount of 5-MeO-DMT in each inhalation. Low voltages (white light) will deliver less 5-MeO-DMT in each pull than a high voltage (red light). Start with low voltages and experiment with different inhalation durations. Increase the voltage to suit.*

As a general guideline, a light dose is considered 3-6 mg, a medium dose is 6-10mg and a heavy breakthrough dose, 11-15+mg. We do not recommend exceeding doses of 15mg at any time. With the above information in mind, we recommend the following dosing strategy to be



used with the Monomyth Hero Dose 150mg 5-MeO-DMT vaporizer cartridge:

For a microdose, take one two-second inhalation;

For a light dose, one five-second inhalation;

For a medium dose, two five-second inhalations;

For a breakthrough dose, three to four five-second inhalations.

How to Use the Monomyth Hero Dose 5-MeO-DMT Kit

Ensure Battery is fully charged using the USB charging cable provided.

1. Remove silicone end caps from the vaporizer cartridge and thread the cartridge onto the battery.
2. Press the button on the vaporizer battery 5 times to turn it on.
3. Press the button 3 times to adjust the voltage. Our Ascera Voltair pens have four voltage settings. The voltage controls the temperature and higher voltage means higher temperature. We recommend you start with the blue 2.6V setting.
4. To begin dosing, press and hold the button on the vaporizer battery and inhale slowly but deeply. Please consult our dosage guideline page prior for in-depth dosage information.

Note: Monomyth Hero Dose vaporizer cartridges are compatible with any 510-thread battery. Use caution when using a variable temperature battery, the higher the voltage the higher your dose per inhalation. **Start low and go slow!**

Ingredients

Vegetable glycerin, propylene glycol, synthetic 5-methoxy-N,N-dimethyltryptamine, flavour.

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More Information

