

4Aco -DMT Overview

History/Background

4-Acetoxy-N,N-dimethyltryptamine (also known as 4-AcO-DMT, 4-Acetoxy-DMT, O-Acetylpsilocin, psilacetin, and "synthetic mushrooms") is a novel lesser-known psychedelic of the tryptamine class. It is structurally related to psilocybin and psilocin. 4-AcO-DMT is thought to produce its effects by binding to serotonin receptors in the brain; however, the precise mechanism is not known. Like psilocybin, it appears that the body metabolizes 4-AcO-DMT into psilocin.

4-AcO-DMT was first synthesized/patented in 1963 by Albert Hofmann and Franz Troxler as part of a chemical investigation into psilocin analogs.^[1] However, it was not tested for psychoactivity during this time. It is unknown when it was first explored in humans. It was proposed to have potential use as an alternative to psilocybin for pharmacological research due to the lower cost of synthesis. (2) Reports of recreational use began to surface shortly after its appearance on the online research chemical market in the 2010s. It's typically a bit pricy and not widely available.

Potential Benefits

Much like the benefits of psilocybin, 4Aco-DMT may be useful for alleviating degenerative brain disorders, depression, and mental stress. It may also act as a nootropic. (a cognitive enhancer-improving executive functions, memory, creativity, or motivation). 4Aco-DMT may also be helpful with end-of-life anxiety in the same way that psilocybin is.(Paul Stamets, in his book *Mycelium Running*, highlights this)

Microdosing could be supportive of personal growth and enhanced emotional stability.

The field is ripe for exploration and there may be application as a therapy for addiction as well. 4Aco-DMT is essentially a research compound with much potential for catalyzing positive shifts in consciousness.

General Effects

' Users frequently describe 4-AcO-DMT as being extremely similar to psilocybin mushrooms. It is generally described as euphoric, gentle, warm, and colorful. Visuals are reported by some users to be brighter and more neon in a manner reminiscent of DMT. It is also reported to be less nauseating than psilocybin mushrooms, which may be due to the fact that it does not require digesting mushroom matter.' from *PsychonautWiki*

Effects can include time distortion, mild hallucinations, enhanced visual perception, expanded awareness, sedation in some cases, tactile enhancement, enhanced creativity, personal bias or ego suppression, enhanced emotions, euphoria, spiritual realizations, mystical states, watery eyes, yawning, pupil dilation, etc. These are just a few of the more common possibilities.

Negative states, including lethargy, anxiety, and confusion, are a possibility too, which highlights the need for proper preparation along with attention to set and setting.

The Erowid Experience Vaults for this substance make for very interesting reading and describe a broad range of possibilities.

Safety & Contraindications

Definite contraindications would be the simultaneous use of Cannabis, Stimulants, Tramadol (increased risk of seizure), MAOIs and Lithium.

Other contraindications would be in pregnant and lactating women. Avoid taking 4Aco-DMT if you're feeling highly nervous, stressed or depressed. It is not recommended for those with serious hypertension or a history of serious mental illness.

Driving or operating machinery while under the influence should be strictly avoided.

4Aco-DMT is not typically not thought to have much potential for addiction. Physical dependence & compulsive use is extremely unlikely.

Please Note -Very little data exists on the pharmacology, metabolism, and toxicity of 4-AcO-DMT. Although its toxicity profile is believed to be near-identical with psilocybin mushrooms, which are known to be physiologically non-toxic, there is no hard data to support this claim.

Extremely high doses could lead to blackouts, so respect dosing guidelines.

Dosing & Duration

Typically the duration will be 3-7 hours, with a peak happening around the 2.5-3 hours mark. Onset is within the 1st hour. Note: Strong doses could have trips extending to 8-10 hours.

One can follow the dosing guidelines below and/or do microdoses (ie 4 days on and 3 days off OR start slow with 1 dose every 3 to 4 days)

It's highly recommended to not take this substance too late in the day/evening otherwise you may have problems with sleeplessness.

Reactions and experiences may vary dramatically from person to person

Caution: First timers are advised to be on the lower end of the Common dosing range

	<u>Dosage</u>
<u>Threshold</u>	5 mg
<u>Light</u>	7.5 - 15 mg
<u>Common</u>	15 - 25 mg
<u>Strong</u>	25 - 45 mg
<u>Heavy</u>	45 mg +

References

- 1) Link to the Sandoz patent listing https://worldwide.espacenet.com/publicationDetails/biblio?CC=US&NR=3075992&KC=&FT=E&locale=en_EP#
- 2) A paper authored by David E. Nichols in 1999
- 3) Erowid's page https://erowid.org/chemicals/4_acetoxy_dmt/4_acetoxy_dmt.shtml
- 4) Third Wave's guide <https://thethirdwave.co/psychedelics/4-aco-dmt/>