

# 5MeO-DMT Overview

## History/Background

Use of 5 MeO-DMT goes back 2000 years (as a component of various snuffs in the Amazon basin) but the more modern usage only goes back 35 years. Lab synthesized 5MeO has been around periodically during that time but has been relatively unknown and obscure even until now. The substance was first made in a lab in 1936 and was later found in plants around 1963. It's an entheogen that is endogenous to the human body, which is to say that we can make it in our body in trace amounts. In 1965 5-MeO-DMT was discovered in the venom of the *Bufo alvarius* toad. This unique creature is the only known true entheogen-producing animal on earth. The increased demand for 5-MeO-DMT is threatening the survival of the toad species. This is one instance where lab produced substance may be preferable in order to preserve the toad from excessive exploitation. There are efforts to support the habitat of the toad and ensure it's survival. (1)

5MeO-DMT is arguably the most potent entheogen we know of, right up there with ayahuasca & iboga in terms of potency. It is a force to be reckoned with and respected. On Jan 19<sup>th</sup>, 2011, 5-MeO-DMT became Schedule I in the U.S

## Dosing & Preparation

A smoked dose range of 6-20mg has been reported in Shulgin's book **Tikhai**.

Dosage is typically under 10mg though and anyone going over 10 should be extremely cautious. Less is more really, and one should only be doing as much as is needed for release. Johnathon Ott (*author of Pharmactheon*) states that smoked 5MeoDMT is 4x the potency of DMT and that oral usage is ineffective. It is a waste of a valuable sacrament to attempt to use this medicine orally so please don't.

Preparation - " I have found that it is best to smoke tryptamines three or four hours after a healthy light meal, one that doesn't contain meat. Apprentice ayahuasca shamans eat light meals of fish and plantains during their months of training. (Fish contains tryptophan and bananas contain vitamin B6, both of which are required to produce serotonin.) A vegetarian meal is also a good option, but avoid fried foods. Drinking large amounts of water, tea, or other liquids before smoking 5-MeO-DMT is not desirable, although it is a good idea to drink plenty of water earlier in the day. Alcohol should not have been consumed, and one's mind should be as clear and uncluttered as possible. 5-MeO-DMT should be experienced free of any other chemical distractions— smoking it while on acid or mushrooms is for souls braver than mine! Mixing with MDMA should be strictly avoided; this combination has resulted in negative experiences that appeared similar in character to overdoses of tryptamines alone. If during the 5MDE you think someone is having trouble breathing and looks like he or she might vomit, roll the person gently into the recovery position, and vomiting will happen if it

needs to. Generally if the person does vomit, he or she will afterward relax into an easy experience, with the blockage—both physical and mental—now cleared.” From James Oroc's book (full title in References section)

Perhaps most importantly James notes that being able to release and dissolve into the experience is the best way to dance with this medicine. If your strong ego is trying to control things, you're setting yourself up for a very hard experience. The encounter with the ego death is a stage of the spiritual journey when we might need much encouragement and psychological support.

## **Interactions/ Contraindications**

Anyone with heart conditions needs to exercise extreme caution with this substance as it can produce cardiotoxic effects in certain conditions, even though this is rare. Pregnant women are contraindicated as are people on SSRIs or MAOIs as there can be extremely unpleasant side effects from having these substances in close proximity. Anecdotal reports suggest that this substance is only suitable for users with extensive experience with powerful psychedelics (e.g. DMT, ayahuasca, and DPT) and trained in their safe use. Avoid mixing with other substances- it's strong enough as is without complicating things.

Side note- 5MeODMT is not a substance that is commonly tested for in drug tests.

## **General Effects**

5MeO-DMT is able to cross the blood brain barrier much like DMT and produces swift and far-reaching mystical experiences. Subjective effects include unity and interconnectedness, time distortion, conceptual thinking, euphoria, and ego loss. It can also be like an out-of-body experience for many people, which can be amazing or frightening. 5-MeO-DMT's psychedelic effects are best compared to DMT in terms of intensity (extreme) and duration (very short). However, it generally lacks a visual geometry component and tends to produce more physical euphoria as well as even stronger transpersonal or mystical-like effects (e.g. ego loss) than DMT.

## **Benefits & Uses**

Aside from the mystical experiences, which can be lifechanging and beneficial, 5MeO-DMT can be useful for depression generally.

“In a survey of 362 adults, approximately 80 percent of respondents reported improvements in anxiety and depression after use.’ (2)

“Because 5-MeO-DMT is short-acting and lasts approximately 30-90 minutes, it could be much easier to use as an adjunct to therapy because current therapies usually involve a 60 – 90 minute session. A mouse study also found benefits to brain neuron survivability. (3)

In a 2018 study of over 515 people, those who reported being diagnosed with psychiatric disorders, the majority reported improvements in symptoms following 5-MeO-DMT use, including improvements related to post-traumatic stress disorder PTSD (79%), depression (77%), anxiety (69%), and alcoholism (66%) or drug use disorder (60%). (4)

## **Resources/References**

- (1) <https://growmedicine.com/donate-toad/>
- (2) <https://www.hopkinsmedicine.org/news/newsroom/news-releases/fast-acting-psychedelic-associated-with-improvements-in-depressionanxiety>
- (3) A Single Dose of 5-MeO-DMT Stimulates Cell Proliferation, Neuronal Survivability, Morphological and Functional Changes in Adult Mice Ventral Dentate Gyrus  
<https://www.frontiersin.org/articles/10.3389/fnmol.2018.00312/full>
- (4) <https://pubmed.ncbi.nlm.nih.gov/29708042/>

*James Oroc-Tryptamine Palace-5-MeO-DMT and the Sonoran Desert Toad-Park Street Press (2010)*