



5-MEO-DMT & VAPE PENS CONSIDERATIONS AND GUIDELINES

About this Document

This document uses the lenses of psychedelic harm reduction and responsible practice. It is intended to be seen by those who manufacture, distribute, sell, or provide 5-MeO-DMT in vape pens as well as those who purchase, receive, or are served 5-MeO-DMT via vape pens. This document may also be supportive for those who provide or receive 5-MeO-DMT via different preparations/manifestations, ie, Bufo alvarius toad secretion (bufo), liquid solution, various forms of the molecule (freebase, HCL, fumarate) etc., as well as via different routes of administration (ROAs) other than vape pens, ie, nasal spray, rectal administration, injection, etc.

Preamble/Statement

Given the ever-increasing access to and awareness of vape pens as a means to use 5-MeO-DMT, it is imperative that certain practices be recognized to ensure the best outcomes for its intended purpose(s). Though 5-MeO-DMT has many names (jaguar, toad medicine, “five”, 5-MeO, etc.) and can be referred to by many names (the molecule, medicine, sacrament, etc.), “5-MeO-DMT” will be used here for consistency. It is also important to affirm here that the potency of 5-MeO-DMT, its unique effect, as well as the unpredictability of its effects, cannot be understated.

The Risks

Comparisons

The way in which 5-MeO-DMT affects the user is vastly different than those of better-known substances, i.e. LSD, cannabis, mescaline, MDMA, etc. The distinctiveness of 5-MeO-DMT’s effects make it unique and therefore incomparable. There is great risk in comparing its effects to those of other substances.

DMT

5-MeO-DMT is **not** “DMT”. “DMT” is a shorthand for N,N-dimethyltryptamine. Even though 5-MeO-DMT is indeed **a** dimethyltryptamine, it is dangerous to associate the two for many reasons, including the following: The potency (effectiveness per mass) is very different. The weight in milligrams of what would likely be a considerable effect with 5-MeO-DMT would be vastly different with N,N-DMT. For example, at a user level, with inhalation as a ROA, there is far less vapor/smoke from 5-MeO-DMT to inhale for a desired effect than with N,N-DMT; with 5-MeO-DMT a short inhale may have a surprisingly strong effect. The effects are significantly different at any dosage levels anyway. 5-MeO-DMT is a potential dissociative in the sense that the user can easily lose consciousness. This is unlikely to happen with N,N-DMT.

5-MeO

If a product is labelled “5-MeO”, it is not necessarily 5-MeO-DMT. There are many molecular substances that have a 5-methoxy component to their structures, ie 5-MeO-MIPT, 5-MeO-DPT, 5-MeO-DIPT, etc. The effects between these substances and 5-MeO-DMT are significantly different.

Potency

Precise weighing is difficult since the effect per mass is significant. For example, an effective minimum dose (ED) can easily be less than 1mg (with a vape pen as the ROA). The effective minimum dose (ED; the point at which an effect is felt) and the dissociative dose (DD; the point at which there is a full or near loss of consciousness) can vary widely from person to person. The subjective experience can dramatically change with just a few milligrams difference.

Amplification and Contraindication

5-MeO-DMT is potentiated (amplified) by other substances, including medications; cannabis and alcohol are but two common intoxicants that can potentiate 5-MeO-DMT. Some stimulants can intensify the effects. Some prescription medications (i.e., SRAs, TCAs, etc.) may result in increased effects which can be result in unpredictable, unintended, and therefore volatile experiences. MAOI and lithium consumption are contraindicated and can lead to serotonin syndrome (which can be fatal).

Combinations with other substances can radically shift the intensity of the effect of 5-MeO-DMT. Set and setting can also radically shift the intensity of the effect of 5-MeO-DMT. Certain physical conditions such as cardiovascular and respiratory complications are contraindicated. Other psychological conditions such as schizophrenia, epilepsy, etc. are also cautioned.

The Problems

Dosing information: a responsibility for all

Inexperienced users might not know how to dose themselves properly. Manufacturers might not inform the end user of the concentration of 5-MeO-DMT in the cartridge. Even if the end user has a cartridge that is labelled with the concentration (expressed as a ratio of 1mg of 5-MeO-DMT to Xml of carrier solution, ie 1:10, 1:4, etc.), the user might not understand the quantity of 5-MeO-DMT being consumed in relation to the length of inhale (seconds of inhaling).

Vape pens allow for the most efficient use of inhaled 5-MeO-DMT, meaning it is the most efficient delivery device. Batteries used with the cartridges are not all the same. The mechanism of the vaporization (ie, inhale activated, button activation), the quality and charge of the battery, as well as the strength of the inhale are but some factors that can influence the potency.

The amount of 5-MeO-DMT consumed (in terms of mg) via vape pens for a desired effect is significantly different than the amount consumed via other inhalation methods/devices (direct flame combustion, indirect flame combustion, vaporizers with inconsistent temperatures, etc). When users seek references for dosing, the references might not be in relation to non-vape pen administration. A desired effect based on X-mg of 5-MeO-DMT via a pipe (for example) does not correlate with the effect of the same amount of mg via a vape pen.

Solutions

Manufacturers and distributors must inform the prospective end user with the accurate concentration of 5-MeO-DMT in the cartridge. Providers, practitioners, and end users must learn about the unique dosing reality that is unique to the vape pen as a ROA. Solo users must not use a vape pen alone with the ratios 2:1, 1:1, or 1:2 alone and must be advised so by the provider and distributor of pens with those ratios.

The mg of 5-MeO-DMT consumed depends on the concentration of the solution AND the number of seconds inhaled AND the type/quality/charge of the battery, so: A calculation table that accurately demonstrates the mg of 5-MeO-DMT consumed with the above factors is publicly accessible, and: Manufacturers and distributors must inform the prospective end user about the unique dosing specifications by including the dose calculation table with their product.

Further Suggestions

Ideally, experiences with 5-MeO-DMT will be with a responsible practitioner who adheres to Best Practices and Ethical Commitments. It is reckless to have initial experiences with 5-MeO-DMT alone. In an unregulated field, there is a large degree of responsibility placed on the seeker to inform themselves about the standing of a prospective provider or practitioner.

Employing the synopsis of the Best Practices can empower the individual to ask appropriate questions.

Ideally, all distribution, sales, and delivery/administration of 5-MeO-DMT will be through personal relationship channels. If a distributor or provider doesn't know the intended end user, there is no way to assess their readiness. This absence of assessment is an element of malpractice and is inherently irresponsible.

5-MeO-DMT in all its forms (with or without a delivery device) must come with, in written or verbal form, the warnings and directions listed below:

- * A vape pen containing 5-MeO-DMT must include information as to its potency and potentially strong effects
- * All vape pens must be labelled with the ratio of 5-MeO-DMT (1mg) to carrier solution (Xml)
- * Information must be provided that lists the dosage per second of inhalation. This information must be transmitted in a way that is easily understandable. For example: “This 1:4 vape pen will provide approximately 1mg of 5-MeO-DMT per 3 seconds”.

Safety procedures

Basic starting sequences that encourage gradual, incremental dosing. Encouragement to refer to reliable and responsible information sources, i.e. the 5-MeO-DMT Information & Vital Education platform, Spirit Pharmacist’s Five Guide, etc.

Ratio	Pull Duration	Dose
1:32 (weakest)	5 secs	0.3 mg
1:16	5 secs	0.5 mg
1:12	5 secs	0.6 mg
1:8	5 secs	0.9 mg
1:6	5 secs	1.2 mg
1:4	5 secs	1.7 mg
1:3	5 secs	2.2 mg
1:2	5 secs	2.9 mg
1:1 (strongest)	5 secs	4.5 mg