

# PSILOCIN/CYBIN

shrooms, magic mushrooms, 4-AcO-DMT, psilacetin

## What is Psilocin & Psilocybin?

- Psilocin & psilocybin are psychedelic drugs of the tryptamine family with effects similar to those of LSD. 4-Acetoxy-DMT (4-AcO-DMT) is a synthetic chemical that is structurally related to psilocybin, psilocin, and the neurotransmitter serotonin (5-HT).
- 4-Acetoxy-DMT is a synthetic psychedelic drug with a limited history of use. Like psilocybin, it is rapidly converted by first-pass metabolism into psilocin.
- "Magic mushrooms" are any of a series of mushrooms that contain psilocybin or psilocin (and occasionally the related chemicals norbaeocystin and baeocystin). Also referred to as "shrooms", "mushies", or "boomers".
- These mushrooms have been shown in clinical trials to treat severe depression and anxiety and have been used by many indigenous cultures to induce altered states of consciousness during religious rituals for thousands of years.
- 4-Acetoxy-DMT is unscheduled and uncontrolled in the United States, however it may be considered an analog of psilocin, placing it as Schedule I under the Federal Analog Act.

## How is Psilocin & Psilocybin used?

- Psilocin & psilocybin mushrooms are either eaten raw, mixed with food, or brewed into a tea. They can be eaten fresh or dried for later use.
- 4-Acetoxy-DMT is almost always consumed orally. Although other administration methods are biologically possible, they are uncommon in recreational users.

## What are the effects of Psilocin & Psilocybin?

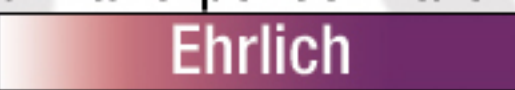
- At low doses, psilocin or psilocybin produce feelings of relaxation, somewhat similar to those of cannabis.
- Users often report laughing a lot and finding things funnier than they would normally.
- At higher doses, the experience is closer to that of LSD, intensifying colors and producing visual hallucinations and feelings of euphoria.
- A psilocin or psilocybin "trip" tends to last about four to five hours.
- Users often report the psilocin or psilocybin mushroom experience to be more "earthy" than other psychedelics, increasing emotional awareness and causing less psychological confusion. 4-Acetoxy-DMT is sometimes described as "warmer" or "more euphoric" than psilocybin mushrooms.
- Some users report getting sick even after ingesting correctly identified psilocin or psilocybin mushrooms.

## What is the dosage of Psilocin & Psilocybin?

Every individual reacts differently to every chemical, This information is intended to describe the range of dosages others report using and it should not be construed as a recommendation of any sort. Individuals can respond very differently to the same dosage. What is safe for one can be deadly for another.

- There is no predictable way of estimating the amount of psychoactive chemical in each psilocin or psilocybin mushroom. Even mushrooms from the same strain and batch can vary greatly in strength.
- For pure psilocybin a dose ranges from 5mg-35mg. For dried psilocin or psilocybin mushrooms a dose ranges from 1/4 of a gram to 5 grams.
- A common dose of oral 4-Acetoxy-DMT is between 10 and 25 mg. Several reports describe doses of 25-30 mg as very strong.

## Harm Reduction Tips for Psilocin & Psilocybin

- Psilocybin and psilocin are indoles, which can be detected by a positive reaction with the  Ehrlich reagent.
- Starting with a small amount can minimize the chance of too strong of a trip or being poisoned from the wrong type of mushroom. Some mushrooms cause stomach pains, vomiting, diarrhea and death.
- Driving or operating heavy machinery under the influence is dangerous.
- Psilocin or psilocybin, like all hallucinogens, can trigger underlying mental disorders and cause schizophrenic-type symptoms.
- Stimulants increase anxiety levels and the risk of negative experiences.
- In rare instances, users can experience recurring episodes of anxiety and panic (flashbacks) days, weeks or even months after a difficult experience.

## What if somebody is having a difficult experience?

- As with all psychedelics, "set" and 'setting' are extremely important. "Set" is the mental state a person brings to the experience - their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is being consumed. By making sure that a person is in a good mental state and supportive location before psilocin or psilocybin are used, the risk of 'bad trips' can be greatly mitigated.
- Take the person to quiet surroundings where they feel comfortable.
- Find a friend who can reassure them. Stress to them that their panic is caused by the drug, and will wear off in a few hours, if not sooner.