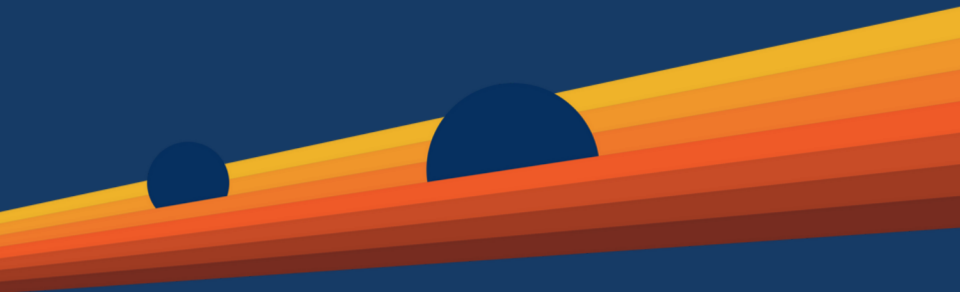



# Monomyth Hero Dose User Guide







So, you've decided to take the trip!  
Nervous? Excited? Unsure of how to  
get started? No sweat. We've put  
together a handy user guide to help  
you prepare for your experience as  
safely as possible.



# Safety First

## **You Should NOT use 5-MeO-DMT If:**

- You are on SSRIs, MAOIs, stimulants or any other medication that affects reuptake of neurotransmitters such as dopamine and serotonin.
- You or anyone in your family have a history of psychotic episodes or non-psychotic mania.
- You suffer from a heart condition.

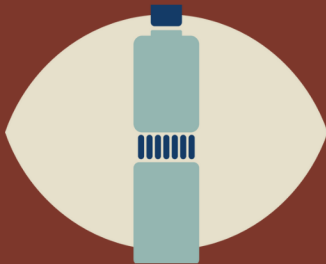
- **Never try and achieve a breakthrough alone.** Given the extraordinarily powerful nature of the 5-MeO experience, you should always have a sober, trusted friend (known as a trip-sitter) present to ensure you're physically safe from start to finish.
- **Lie down somewhere comfy and safe before getting going. Settle in and close your eyes.** During the onset of the trip through to its peak, it is likely you will temporarily experience spatial disorientation and a possible loss of motor function.
- **Start low and go slow.** The effects of the drug can vary significantly person to person. Hallucinogens are unpredictable by nature and 5-MeO-DMT is no exception. It is the most powerful psychedelic tryptamine in the world and choosing to have a breakthrough experience should not be undertaken lightly.

# Vaporizing 5-MeO-DMT

Our Hero Dose Vaporizer Cartridges have been developed to make dosing as easy and consistent as possible.

We use the same methodologies in the lab every time and we have our product tested for purity.

**Consistency in product=Consistency in dosing.**



# Dosing Guidelines

The effects of 5-MeO-DMT come on within 0-30 seconds of inhalation and peak between 1-15 minutes. Afterglow effects can last up to an hour. After one hour most users will be back at baseline. Always keep in mind that effects can vary significantly person-to-person. Remember when we said **start low and go slow?** Now's the time.

Generally, a light dose of synthetic 5-MeO-DMT is considered 3-6 mg, a medium dose is 6-10mg and a heavy breakthrough dose is 11-15+mg. **We do not recommend exceeding doses of 15mg at any time.**

# Using the Hero Dose Vaporizer Kit

1. Ensure battery is fully charged using the USB charging cable provided.
2. Remove silicone end caps from the vaporizer cartridge and thread the cartridge onto the battery.
3. Press the button on the vaporizer battery 5 times to turn it on.
4. 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 and work your way up to the red 3.0V setting.
5. To begin dosing, press and hold the button on the vaporizer battery and inhale slowly but deeply.



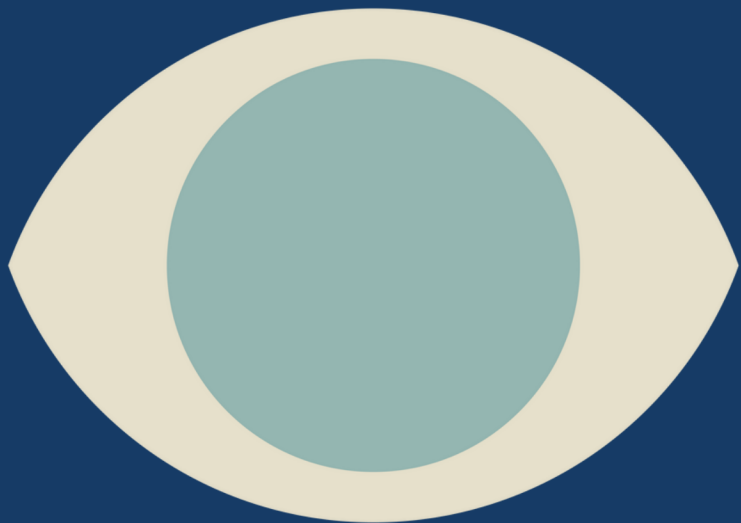


Our Hero Dose 150 mg cartridge will deliver approximately 2.5 mg per 5 second inhalation or 0.5 mg per second of inhalation time. **Holding inhalations will result in a stronger effect.**

**We recommend the following dosing strategy for our product:**

- 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.

**Note: Monomyth Hero Dose vaporizer cartridges are compatible with any 510-thread battery. Use caution if you are using a battery you already own. The higher the voltage of your battery, the faster the product will vaporize and the higher your dose per inhalation will be. Start low and go slow.**



# The Experience

5-MeO-DMT is extremely fast acting. The onset of effects at breakthrough doses will be extremely intense and overwhelming. Users often report feelings of warmth, euphoria and anxiety at onset.

Nausea is also very common at the start of the experience and a small percentage of users may even vomit. There is also a strong likelihood you will lose motor control and your sense of spatial orientation. It's crucial to have a trip sitter present to ensure you don't aspirate, fall or interact with your surroundings in a dangerous way.

# Physical Effects

5-MeO-DMT is the most powerful psychedelic in the world. The drug's physical and cognitive effects are the most complex and intense of any known psychedelic tryptamine.

It is not known for producing the type of visionary experiences and strong visual hallucinations associated with N,N-DMT, but it is likely you will see complex geometric patterns, experience auditory hallucinations or experience a phenomenon known as a white-out: a blinding white light in the place of typical psychedelic visuals.

The drug also produces heightened tactile awareness that can be very intense. These sensations can be positive and pleasurable or overwhelming, or a combination of both.

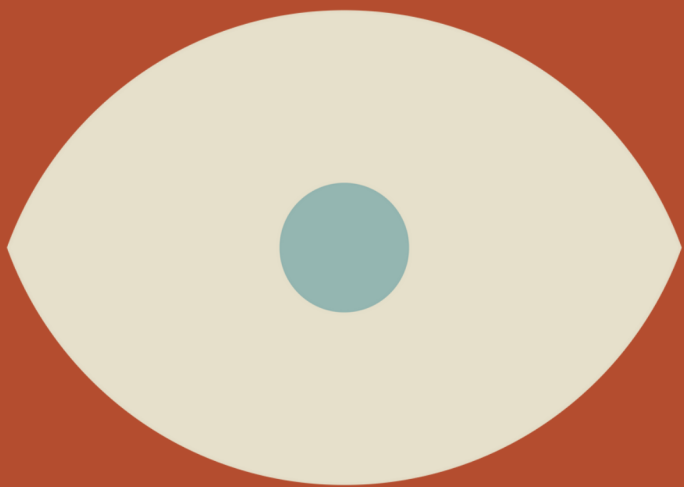
Other possible physical effects include a sense of breathlessness, muscle spasms, pupil dilation, a suppression of temperature regulation and a general sensation of warmth.

# Cognitive Effects

The drug will cause you to experience intense emotions. It is worth noting that these emotions can be positive or negative or some combination of both. Be prepared for anything.

A breakthrough 5-MeO-DMT dose will produce a feeling of ego dissolution during the trip. Ego dissolution is a perceptual shift where we are able to transcend our usual self-referential perception of the world around us. In addition to ego dissolution, the drug also often produces mystical experiences also known as a transpersonal experience.

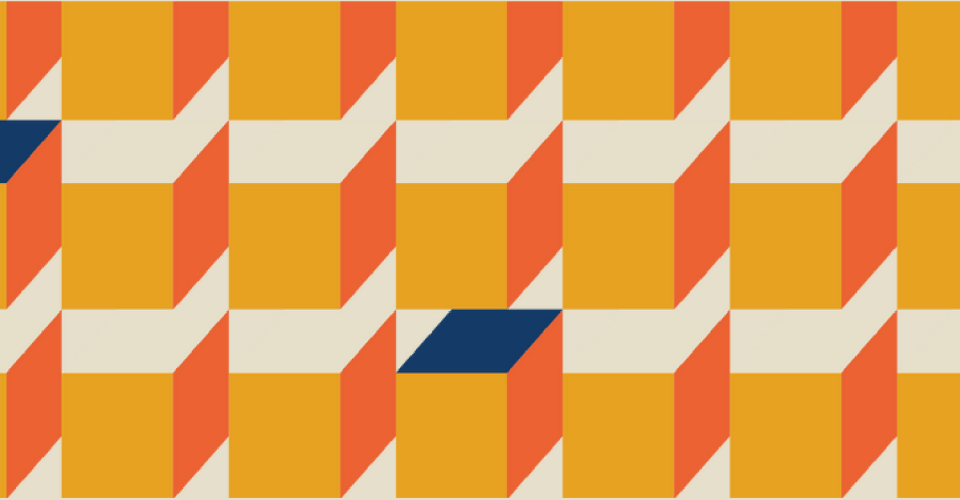
Transpersonal experiences are often described as the sense of self extending beyond ourselves as individuals to encompass all humankind, non-human life, nature and the universe. They produce a deep sense of interconnectedness between all things and generally greater empathy and compassion towards others and nature. They are incredibly profound and often result in a shift in perception that extends far beyond the duration of the fast acting 5-MeO-DMT trip.



# After your trip

As you start to return to your baseline state of consciousness, we recommend relaxing into a safe, warm, space for the remainder of the day/evening. Grab a cup of herbal tea, put on some relaxing music and grab a journal and a pen.

Journalling about your experience or talking it through with a friend directly after it has happened can go a long ways towards helping you understand what your trip means to you. Strong emotions may have surfaced and identifying and examining them is important. If you are having a hard time processing your emotions after your experience, it could be useful to reach out to a professional to help you integrate your experience.



**Scan for a downloadable  
version of this guide:**



@monomyth\_psychedelics monomythpsychedelics.com