

# Harm Reduction

- Start low and go slow, especially if you are new to using DMT. If possible, weigh out your doses.
- A DMT trip can be influenced by your environment. Choose a space where you feel comfortable, safe and in control.
- Choose a time where you have few commitments or responsibilities for the duration of the trip.
- If desired, set a timer as a reference point, since DMT causes time distortion.
- If possible, use in the presence of a trusted friend who knows what you are taking and how much.
- People with mood disorders may be at increased risk of psychological upset when smoking DMT.

## More Info

- <https://dancesafe.org/product/dmt-drug-info-cards-100-cards/>
- <https://psychonautwiki.org/wiki/Dmt>
- <https://www.erowid.org/chemicals/dmt/dmt.shtml>



## Contact Us

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**DMT**  
(N,N-Dimethyltryptamine)

## What is it?

DMT (N,N-Dimethyltryptamine) is a psychedelic chemical of the tryptamine class. DMT is naturally occurring in many plants and animals, and is one of the main ingredients in ayahuasca. DMT can come in crystals, powder, or clumps. It is usually yellow, orange, or brown, with a strong smell.

## How does it work?

DMT is thought to produce its effects by binding to serotonin receptors in the brain, although the precise mechanism is not fully understood.

## How do I take it?

DMT is most commonly smoked in a glass pipe or vaporized through a vape pen. Putting direct flame to DMT will destroy it. DMT can also be booty bumped (ingested rectally), or injected intramuscularly and intravenously. Injection is less recommended as there are more potential risks involved.

## Dosage

A common dose of DMT, when smoked, ranges from 10mg - 40 mg. You will experience less intense effects taking a smaller inhalation, and greater effects taking larger and/or multiple inhalations. It is always a good idea to weigh out your doses.

## Onset/Duration

When smoked, effects of DMT can be felt within seconds, and peak effects last for 5-10 minutes. It is important to note that length and duration of effects will be impacted by how long you hold in each inhalation.

After 5-10 minutes, there is usually a sharp return to “baseline”. However, during the comedown you may continue to be “taken back” (experience effects) for a few more minutes.

DMT can cause extreme time distortion. So, while effects may only last for 5-10 minutes, it can feel like much longer (“forever,” “eternities”).

## Effects

Among psychedelics, DMT is known for its unique ability to produce short-lived but intense visionary states and complete hallucinations. Despite its short duration, DMT is an incredibly powerful psychedelic. The intense onset and effects can be both wonderful and overwhelming.

Smaller inhalations can cause mild distortions (cartoony visuals, colour enhancement). Larger or repeated inhalations can lead to profound, out-of-body, sometimes otherworldly experiences.

“Breaking through” refers to when someone experiences detachment from reality on DMT. “Breaking through” can be both positive (enlightening, inspiring) and negative (scary, overwhelming). “Ego death” is commonly reported as an effect of DMT. This refers to the feeling of time standing still and a significant feeling of connection or oneness with the universe.

