PEYOTE EFFECTS TIMELINE This is an approximate guide to the timeline of peyote effects. This can be affected by things like bodyweight and mode of consumption. Do not get impatient and take more until at least 2 hours after dosing. Higher doses will tend to last longer.

Approximate Time After Dose

60-90 min: physical discomfort begins

90-120 min: psychological effects begin

3-5 hours: psychological effects peak, physical discomfort reduced

5-8 hours: psychological effects persist

8-12+ hours: psychological effects fade

It's best to take peyote earlier in the day or you may be up all night.

It is best to have at least two days set aside for a peyote experience. One day for the actual peyote trip, and a second day to reintegrate and fully absorb the peyote experience.

CAUTIONS AND WARNINGS

- Peyote and San Pedro are powerful substances. Treat the peyote experience with respect.
- Store peyote and peyote tea in a secure manner. Keep away from children!
- People with a history of mental illness should avoid peyote.
- Do not drive, swim, climb or engage in any risky activities after taking peyote or san pedro.
- It is always best to have a reliable and trusted person present for your peyote trip, someone who is not taking peyote.
- If you have not taken a psychedelic before, start with a low dose and see how you feel. Then, if you like, take a larger dose for your second trip.
- There are diminishing returns with larger doses. Doses above 40g peyote will be more likely to produce negative feelings without increased positive effects.
- Do not combine peyote with alcohol or other drugs. You can usually combine with cannabis if you like.

PEYOTE & SAN PEDRO USER GUIDE

Peyote and San Pedro are both cacti which have long been revered for their psychoactive effects and spiritual benefits.

The active ingredient in both cacti is mescaline. A mescaline trip is a very powerful experience and should be treated with respect. The experience is characterized by visual effects, personal insights and positive feelings. Mescaline is often seen as a social psychedelic, because it's more likely to make you feel conversational, confident and energized.

Many factors contribute to a mescaline experience, including dose, mindset, environment, and method of consumption. Here's some guidance on how to use these cacti safely.

CHEMISTRY Mescaline is structurally similar to LSD. It binds to serotonin receptors, especially serotonin 2A. Persons using SNRI and SSRI anti-depressants will sometimes find reduced effects from peyote.

DOSAGE A noticeably psychoactive dose of mescaline is between 200 to 400 milligrams. Dried peyote will usually contain about 5-6% mescaline by weight (50-60mg per gram). San Pedro will contain about 2-3% (20-30mg per gram). Here are some dosing guidelines:

	PEYOTE	SAN PEDRO
Microdose	0.5g - 2g	1g - 3g
Low Psychedelic	4g - 8g	7g - 14g
Standard Psychedelic	10g - 20g	16g - 32g
High Psychedelic Dose	25g - 35g	35g - 52g

This is only a rough guide. The amount of mescaline in a peyote cactus can vary widely, and factors like body weight and the user's mental state can also affect perceived potency.

CAUTIONS

Use peyote in a place and environment where you feel comfortable and safe.

You will be emotionally and physically vulnerable during a peyote trip. Do not use these products with people that you don't know well or do not trust. Your mindset and your environment are the most important things in having a positive experience.

Consuming peyote or san pedro can often cause feelings of nausea, so it is best to consume them on an empty stomach. Drinking ginger tea before consuming peyote can also reduce nausea. The nausea is caused by the cactus, not by mescaline itself.

USAGE

Dried peyote is typically chewed or brewed as a tea.

If chewing peyote, it is best to slowly chew the pieces one by one, sucking out the juices in your cheek before swallowing. The taste is extremely bitter. You can drink ginger tea during this process.

If making peyote tea, you should add 5g powdered peyote and 1tbs lemon juice per cup of boiling water. Cover and simmer at low heat for 4-5 hours, stirring regularly. If water reduces below half, add more water.

After simmering, allow it to cool. The mixture will now be thick and slimy. Strain the mixture through a coffee filter or cheesecloth. Squeeze all the liquid out. This extracted liquid is peyote tea.

You can drink the tea cold, but it is more palatable to reheat this tea and add sweetener before drinking. Be warned that this tea is very bitter and has an unpleasant taste. You can mix with mint or ginger, or add sugar or honey to improve the taste if you wish.

Simmer tea again to reduce liquid if desired. You can store peyote tea in the fridge for a week or in freezer indefinitely. Please be careful when storing peyote tea and keep away from children!

PEYOTE EFFECTS The first effects of peyote are usually felt within 40-60 minutes after consumption. Be patient. The experience will often begin with some discomfort, such as nausea, tummy pains, sweating or chills. You might feel like you want to vomit. These physical symptoms can last up to two hours, but usually do not persist longer than this.

Psychological and psychedelic effects usually begin within 2 hours, reach a peak after 4 hours, then slowly decline for the next 8+ hours.

Peak effects compare to LSD, and can profoundly alter one's perceptions of self and reality, while intensifying emotions. Common experiences include feelings of euphoria, empathy, creativity, oneness and self-realization. However, some people can experience "bad trips" with negative emotions and self-doubt.

Negative effects can include rapid heartbeat, dizziness, diarrhea and headaches. Drinking water can sometimes help to reduce these symptoms. Lie down if needed.

Visual effects are common, including seeing geometric patterns and "melting" or "breathing" environments. Sometimes the user perceives seemingly autonomous entities. Sometimes there are auditory effects.

It's best not to consume peyote alone. This is especially true for your first few times. Alone or in a group, it is always best to have someone present who has experience with psychedelic states and is not using peyote.

If you are having a negative experience, do not panic. Despite intense physical and psychological effects, peyote is a very safe substance and extremely unlikely to cause any long-term harm. Any unpleasant physical or psychological effects are likely to pass soon. Be calm, drink water and lie down. Pleasant music can also help.

MICRODOSING A "microdose" of 1-3g peyote can be taken for gentle mood enhancement, and to treat conditions like depression and PTSD. If using peyote in this way on a regular basis, it is best to take at least 2 days between doses. Start with a 1g dose, and increase doses as necessary until finding desired effect.