SIMPLE EXTRACTION METHODS OF LA-111 FROM *ARGYREIA* AND *IPOMOEA* SPECIES

It occurred to me, after I had titled this report, that the title is perhaps a bit misleading. This report explains a method of processing *Argyreia nervosa* (baby Hawaiian woodrose) or *Ipomoea violacea* (morning glory) species for consumption. While the end product or "extract" will contain LA-111 as its primary psychoactive alkaloid, it will also contain all the other ergoline alkaloids present in these seeds, as well as other components—some of which may be responsible for any nausea produced if the "extract" is consumed. Well, what do you expect from a simple "kitchen extraction" process? Future versions of this report will be titled "Processing *Argyreia nervosa* or *Ipomoea violacea* Species for Consumption."

While *Argyreia nervosa* and *Ipomoea violacea* seeds are not illegal, their main psychoactive alkaloid LA-111 is a controlled substance. Therefore, if anyone attempts to process these seeds for consumption, it is the author's understanding that they are breaking the law by doing so. The author and publisher provide this report for informational purposes only, in accord with the First Amendment, and in no way advocate illegal activities, or encourage the reader to do anything with this information but read it.

Most of the processing information contained in this report was presented to the author in the form of *another* report titled "How to Make LSA (sic) Like LSD—Simplified" by "Bery Twinkle Morning Glory." Due to the fact that the author of the report you are now reading has not performed any of the procedures described below—which would be illegal to do—the accuracy of this report is in no way guaranteed. Anyone who can correct mis-information presented in this report, or who can present valuable new information, is encouraged to write to the author (address listed at the bottom of each page). Corrections and additional information will be included in updated versions of this report.

Why, in this day and age, with synthetic LSD being so easily available to most anyone who looks hard enough for it, people would chose to experiment with *Argyreia nervosa* seeds or *Ipomoea violacea* seeds is a bit beyond *this* author's understanding. Since much of the literature reports negative side effects from these seeds (nausea, abdominal cramping, vomiting, drowsiness, etc.), I can't imagine ever wanting to experiment with these substances myself. Still, perhaps "Bery Twinkle Morning Glory" has found the Holy Grail, so to speak, of how to prepare these seeds in a manner which allows the consumer to avoid many of the negative effects reportedly induced from these seeds. I hope so. However, I will state here again, that this report is presented for informational purposes only.

Albert Hofmann first discovered the psychoactive properties of LSD, which he synthesized at the Sandoz laboratories in Switzerland. He writes:

> "I was interrupted in my work [purifying and crystallizing LSD-25] by unusual sensations. The following description of this incident comes from the report that I sent at the time to Professor Stoll:
>
> Last Friday, April 16, 1943, I was forced to interrupt my work in the laboratory in the middle of the afternoon and proceed home, being affected by a remarkable restlessness, combined with a slight dizziness. At home I lay down and sank into a not unpleasant intoxicated-like condition, characterized by an extremely stimulated imagination. In a dreamlike state, with eyes closed (I found the daylight to be unpleasantly glaring), I perceived an uninterrupted stream of fantastic pictures, extraordinary shapes with intense kaleidoscopic play of colors. After some two hours this condition faded away."[1]

Hofmann hypothesized that perhaps he absorbed some of the LSD-25 through his skin, and that it must be an extremely active compound. He later went on to experiment with an oral dose of the compound on 4/19/43, and confirmed that, LSD-25 was indeed the cause of his inebriation.

LSD-25 is the code-name given by Hofmann to the semi-synthetic chemical lysergic acid diethylamide which he had synthesized in the Sandoz laboratories. LA-111 is the code name given to lysergic acid amine (also known as ergine and lysergamide). At the time Hofmann synthesized this compound in the 1940s, it was known as an artificial compound, until 30 years later it was discovered to be the active principle of *Turbina corymbosa*, a Mexican morning glory.[2] *Argyreia* and *Ipomoea violacea* species were later shown to also contain LA-111. For some reason, in much of the contemporary "psychedelic" or "entheogenic" drug literature, LA-111 has become known as "LSA."[3] However, this is a misnomer, as the actual code name, as stated before, is "LA-111." This, then, is the reason that "LA-111" is used throughout this report.

LA-111 has a different effect than LSD. Hofmann describes the effects of synthetic LA-111 in a self-experiment:

> "After the discovery of the psychic effects of LSD, I had also tested lysergic acid amide in a self-experiment and established that it likewise evoked a dreamlike condition, but only with about a tenfold to twentyfold greater dose than LSD. This effect was characterized by a sensation of mental emptiness and the unreality and meaninglessness of the outer world, by enhanced sensitivity of hearing, and by a not unpleasant physical lassitude, which ultimately led to sleep."[4]

Hofmann was experimenting with a pure synthetic compound. You should be so lucky. Still, by following the "processing and enhancement procedures" described below, one should be able to create an entheogenic potion from easily available ingredients with a minimum amount of work.

It is assumed that most people who experiment with obtaining LA-111 from seeds, would chose the species *Argyreia nervosa* instead of *Ipomoea violacea*. This is due to the fact that *A. nervosa* seeds are "about five times as potent as the wild-type *Ipomoea violacea seeds*, and the cultivars of the latter species tend to be even less potent."[5] An other report tells me that *A. nervosa* is somewhere closer to six to eight times more potent than the "cultivars" of Ipomoea violacea.[6] Since *A. nervosa* seeds are so much more potent than *I. violacea* seeds, less material needs to be consumed (which might mean that less nausea is produced). Also, at least one seed supply company has been known to treat their morning glory seeds with poison, to discourage recreational use of these seeds. It is possible that this procedure has also been followed by companies selling *Argyreia nervosa* seeds, but I haven't heard of it. In any case, it would be wise to either purchase seeds which have been listed as "untreated" (many specialty mail-order ethnobotanical supply companies specify this), or to grow the plants and harvest the seeds yourself.

There have been numerous books and articles written regarding how to process *Argyreia nervosa* or *Ipomoea violacea* seeds for consumption. Much of this information appeared in the '70s. Some of this information is contradictory, and a lot of it is just plain wrong. Unfortunately, it is still being repeated today. The most recent example that I've come across is titled *Hawaiian Woodrose Seeds: An Ethnobotanical Report* by DM, printed in 1994. Although DM quotes three references, it is obvious that he/she has, for the most part, merely reworded faulty information from '70s sources. I found this a bit humorous, since DM places a copyright infringement warning prominently on the cover of his/her booklet. While I could go through DM's booklet word for word, explaining the numerous inaccuracies, I won't bore you with these details. Suffice it to say, that I

am not going to be repeating the whole host of different processing and extraction methods which have been written over the last 25 years.

The main method outlined below, was written by the person who created it—"Bery Twinkle Morning Glory." He assures me that it is effective. However, where appropriate, I will make commentary and mention possible alternative methods which *might* also be effective. There is a "Preparation and Use" document titled *The Complete Morning Glory FAQ* which I downloaded from the internet's alt.drugs newsgroup. This FAQ (Frequently Asked Questions) appears to have decent, up-to-date information on how to perform a simple chemical extraction of morning glories. However, repeating all of the information listed in this FAQ is beyond the scope of this report. For those who seek a slightly more sophisticated chemical extraction, I suggest that this FAQ may be a good place to start.

Regarding dosage, in *Pharmacotheon*, author Jonathan Ott states that, "The wise user will begin with no more than 4 or 5 seeds of *Argyreia nervosa*, or no more than 20–25 seeds of *Ipomoea violacea*."[7] Keep Mr. Ott's words of caution in mind, when you read the following information which relates a process considered by "Bery Twinkle Morning Glory" to produce an effective dose.

While whole seeds can be ground up and used, it is reportedly better to follow the procedure bellow, which relates how to separate the seed shell from the seed meat. The process described below is using *Argyreia nervosa* seeds. It might work with *Ipomoea violacea* as well, but due to the size and number of seeds involved—if using *Ipomoea violacea*—it strikes me that this separation process would be too much work. Conversion rates for "doses" are given later.

> "Take about one ounce of *Argyreia nervosa* seeds and soak them in clean water for one-and-a-half to three hours. There's no need to scrape the fuzz off the seeds—the story that this (fuzz) is toxic is a complete myth! I once ate enough of this fuzz to equal four pounds of the seeds. It was sweet, tasted good, I didn't get sick—it made me feel warm in my stomach, and I was comfortable. After the seeds have soaked, put them in a coffee grinder and 'coarse' grind them. Then, take the coarsely ground seeds and rub them firmly through your hands, so as much of the seed shells come free from the (seed) meat as possible. Allow the (seed shells) to dry at room temperature, and then (shake them in) a very fine mesh screen, so that the (smaller) inner (seed) meat particles fall through, and only the shells remain on the screen. There's (apparently) no (LA-111) in the seed meat—only in the shell. The purpose of soaking the seeds is because unless this is done the shells will badly stick to the meat, and be (very difficult to separate)."[8]

50 mg of seed shell (per dose) should be ground to a fine powder in a coffee bean grinder. Add to this 50 mg of cayenne pepper. Then "add 100 mg ephedrine hydrochloride." Whoa! Wait a minute—100 mg of ephedrine hydrochloride strikes me as quite a hefty dose—too hefty.[9] Most Ephedrine pills come in 25 mg doses. If you aren't familiar with the effects of Ephedrine, I suggest that you include only 25 mg in your first experiment. If don't have access to ephedrine hydrochloride, you can use the herb *Ephedra sinica* (Ma-Huang). However, you would need to use 1,670 mg of *E. sinica* to equal approximately 100 mg of ephedrine hydrochloride (so about 417 mg of *Ephedra sinica* would be a good starting dose).

> "Precautions: When working with cayenne powder, be very careful handling it. If it is exposed to a cut or wound it will burn. Don't touch your eyes until you've washed your hands with soap and water. If you're mixing a quantity larger than two grams, it is recommended that you wear a dust mask—if you breath even a tiny amount of it, it will burn. In case of contact with (your) eyes, you may need to seek medical attention. [Remember—pepper spray, used as a 'knock-down' defense weapon, contains the same type of caustic ingredients as cayenne pepper]."[10]

The above mentioned mixture can then be placed into 000 capsules for ingestion. If you decide *not* to follow the seed shell/seed meet separation process described above, you can substitute 150 mg of *Argyreia nervosa* whole ground seed powder in the recipe described above. If you are using *Ipomoea violacea* seeds, you can substitute one gram of whole ground seed powder.

Precautions: It is highly recommended that if one experiments with the above recipe, that they don't take more than one "dose" for their first "trip." It is important to see how your individual body chemistry reacts to the substance before "upping" the dosage. Also, due to the uterus-stimulating properties of the ergoline alkaloids, it is not recommended that pregnant women take this combination.

Side effects: The most commonly complained about side-effects from the recreational or entheogenic use of *Argyreia nervosa* or *Ipomoea violacea* seeds are nausea and stomach cramps. There are many ways to deal with these side effects. One way which has been suggested in much of the literature is to soak the finely ground seeds for several hours in cold water. Then the seed material is strained off and the water is drunk. I have no idea if this method is effective. Another method reported to minimize nausea is to use sugar as an LA-111 catalyst. This report stated that "sugar seems to increase the metabolizing and absorption rate of almost anything"[11]

The above mentioned "sugar" technique brings to mind the concept that the more quickly the active alkaloids are absorbed into your blood stream, the less nausea you will feel.[12] "There is a natural regulation of absorption from the gut which is changed by alcohol and pepper. Both of these 'open up' the gut to allow absorption of macromolecules."[13] It is this thinking then, that is behind the inclusion of cayenne pepper in the recipe listed above. Although some people try to avoid alcohol while on entheogens, it could be beneficial to wash down the capsuled recipe described above with a shot or two of vodka.

Still another psychonaut reported the following method to reduce nausea caused from *Argyreia nervosa* in *The Entheogen Review*, (Summer Solstice 1993). Correspondent "GH, NM" states: "...determined to either vomit or solve the nausea dilemma, I took a teaspoon of U.S.P. activated charcoal. Within a half-hour the nausea and dizziness were gone." And, "The most important knowledge I gained from this trip was the use of charcoal to control gas and nausea. After ingesting woodrose or morning glory seeds, it may be useful to eat a tablespoon of activated charcoal when well into the experience."

Of course, Dramamine pills have been suggested as a good anti-nausea remedy in much of the literature. The only problem that I see with this is that Dramamine tends to cause drowsiness. One of the major differences between LA-111 and LSD (reported in numerous accounts) is that LA-111 causes drowsiness. So, Dramamine might not be the best option. The addition of ephedrine or *Ephedra sinica* when taking *Argyreia nervosa* or *Ipomoea violacea* species (as mentioned above) introduces a stimulant, which may counter the drowsiness caused by LA-111.

It is thought that a transdermal (skin-absorption) technique may be effective in minimizing the nausea caused by oral ingestion of these *Argyreia nervosa* or *Ipomoea violacea*. However, some people speculate that the chemicals responsible for nausea can also be absorbed transdermally. Even so, some ideas regarding transdermal ointments will be presented here, in case anyone should choose to experiment with them. The first concept is really simple, and it directly relates to the recipe given above.

> "Skin Absorption: This method of 'ingestion' is highly recommended for persons who have stomach problems (from) orally ingesting (*Argyreia nervosa* or *Ipomoea violacea*) seeds. Some people will get nausea even eating the 'extract.' I've given out 500 or more doses of *A. nervosa*, for oral ingestion, at the International Rainbow Gathering. This was merely ground whole seeds stuffed into 000 gelatin capsules. About 10% (of these people) had stomach problems.
>
> "First, for this (skin absorption) method to work, the seeds must be ground *very* fine. The only tool I know of which can grind them this way is a grain mill; the kind where you can grind them once for course, twice for fine, and three times for *very* fine, by adjusting the grinding grid down. Once you've ground them to very fine, be careful handling the powder, unless you want to get high. If you took that powder and rubbed a pinch of it through your fingers for about two seconds, within forty minutes you would be experiencing a noticeable (LA-111) effect.
>
> "Next, while (LA-111) will easily 'skin absorb,' it is better not to try this with cayenne, because it will burn. And, ephedrine won't absorb through your skin without a carrier, such as DMSO. So, unless you've got stomach problems with the latter two, I recommend orally ingesting the cayenne pepper and ephedrine, and then 'skin absorbing' the (LA-111). This is best done by taking either 150 mg of whole seed powder or 50 mg of seed shell powder (as mentioned above) and mixing this with enough cooking oil to make a slick paste. Then massage this into your wrist, or any area where the skin is thin."[14]

There have been reports of using DMSO (Dimethyl sulfoxide, available at some health food stores) as a transdermal carrier for LA-111. Some reports stated that this combination works. Other people have not been successful with this combination.[15] One person had this combination work for him, but he found that the DMSO produced a "dizziness" which was unpleasant.[16]

The first reference to a transdermal LA-111 ointment that I have seen personally was in *The Entheogen Review* (Autumnal Equinox, 1994). In a section titled "Flying Ointments—Ancient and Modern" an *ER* correspondent named "Solaris" mentioned several substances—DMSO, Oil of Wintergreen (methyl salicylate), and Garlic Oil, which might "form the basis of some interesting experiments" with baby Hawaiian woodrose seeds.

In a later issue of *The Entheogen Review* (Vernal Equinox, 1995), "Solaris" continues his/her idea of the development of a "psychedelic ointment" as a method to "eliminate the problems associated with oral ingestion, such as noxious taste, nausea, stomach cramps, intestinal gas, and all of the negative emotions derived from these somatic disturbances." I encourage everyone reading this report to purchase a copy of this "back issue" of *The Entheogen Review* (see listing for *The Entheogen Review* under the heading "Sources").

Another suggestion made for a transdermal carrier is nitrogen mustards (the type found in Chinese Hot Mustard Powder). Some people have apparently had success with using a quarter teaspoon of nitrogen mustards mixed with *Argyreia nervosa* seed powder and applied topically for 45 minutes.[17] Others haven't been successful with this combination.[18] While nitrogen mustards may be an effective transdermal ointment used in combination with LA-111, there is speculation that they also may *potentiate* the LA-111 by producing a new compound:

> "Allicin and the nitrogen mustards provide rapid penetration, are quite volatile, and could transform the (LA-111) into substances of greater potency. For example, a psychoactive dose of (LA-111) is about 5 ***milli***grams, whereas pure LSD is about 100 ***micro***grams. Simply converting the amide portion of the molecule could produce major effects. In other words, there is a real possibility that the nitrogen mustards in combination with (LA-111) could produce new psychedelic compounds, so caution should be used."[19]

I have no idea if this combination is creating a "new" psychoactive compound. I am not a chemist, and I can't intelligently speculate on the possible chemical reaction of nitrogen mustards and LA-111. However, I have both read and heard first hand accounts that this combination, regardless of whether it is taken transdermally or orally in capsules, causes the LA-111 to become "much more like LSD" in effect.[20]

One final thought on technique. It is becoming fairly common for psychonauts to combine *Peganum harmala* seeds with their entheogens to potentiate them. There are two reasons that I would avoid *P. harmala* when experimenting with the recipe described above. The first reason is the most important. It is probably unsafe (possibly deadly) to combine a MAOI such as *P. harmala* with ephedrine. The second reason is that *P. harmala* itself frequently causes many of the same side-effects that we are seeking to avoid by using the combinations described above—namely, nausea, stomach cramps, diarrhea, and sedation. I have read a few accounts which state that *Argyreia nervosa* or *Ipomoea violacea* taken with *P. harmala* were "a total bummer."[21]

SOURCES

It seems like there is constant competition between mail-order companies who sell *Argyreia nervosa* seeds to see who has the lowest prices. This has put some companies out of business. Since prices change so rapidly, I won't attempt to list any here. The following companies have sold either *A. nervosa* or *Ipomoea violacea* seeds in the past. These are only a few of the *many* companies who sell these seeds. For a more extensive listing, you are encouraged to subscribe to the *Psychedelic Resource List* (five issues for $15.00 from Soma Graphics).

Wildflowers of Heaven, POB 1989 (Dept. PRL), Ranchos De Taos, NM 87557

Tech Enterprises, 180 Hidden Lakes, Ste. H5 (Dept. PRL), Macon, GA 31204

The Basement Shaman, Box 1255 (Dept. PRL), Elgin, IL 60121

Blue Ridge Garden, POB 52 (Dept. PRL), Mint Spring, VA 24463

Also, an excellent resource for those interested in experimenting with visionary plants is *The Entheogen Review*. *The Entheogen Review* is a quarterly network newsletter. Subscriptions are $20.00 per year (USA), $30.00 (Foreign). Back issues are $5.00 (USA), $7.00 (Foreign). Numerous quotes for this report were pulled from reader correspondence to *The Entheogen Review*. I cannot recommend this publication highly enough! Do yourself a favor and subscribe today. Orders can be placed through: *TER*, POB 800 (Dept. PRL), El Rito, NM 87530. Checks can be made out to *The Entheogen Review*.

FOOTNOTES & REFERENCES

1. Hofmann, A. 1983. *LSD: My Problem Child—Reflections on Sacred Drugs, Mysticism, and Science.* J. P. Tarcher, Inc., Los Angeles, CA (page 15).

2. Ott, J. 1993. *Pharmacotheon: Entheogenic Drugs, Their Plant Sources and History.* Natural Products Company, Kennewick, WA (page 109).

3. I can only speculate that the use of "LSA" is due to the fact that people have changed the "D" to an "A" since this is the first initial of the last section of the two compounds (and it is this part of the compounds that are different in name). Why lysergic acid diethylamide was code-named LSD (instead of what would seem logical to an English speaking person, LAD) becomes obvious when you read the name in its original language—German; Lysergsäure Diäthylamid. Säure, of course, translates to "acid." Why, then, is lysergic acid amine known by the code name LA-111, instead of LSA-111? I'm sure that someone knows the answer to this question—but it isn't me.

4. Hofmann, A. 1983. *LSD: My Problem Child—Reflections on Sacred Drugs, Mysticism, and Science.* J. P. Tarcher, Inc., Los Angeles, CA (page 124).

5. Ott, J. 1993. *Pharmacotheon: Entheogenic Drugs, Their Plant Sources and History.* Natural Products Company, Kennewick, WA (page 140).

6. Personal correspondence with the author, who wishes to remain anonymous.

7. Ott, J. 1993. *Pharmacotheon: Entheogenic Drugs, Their Plant Sources and History.* Natural Products Company, Kennewick, WA (page 140).

8. "Bery Twinkle Morning Glory." 1995. "How To Make LSA Like LSD—Simplified"

9. This information came from the "How To Make LSA Like LSD—Simplified" report by "Bery Twinkle Morning Glory." I can only think that Mr. "Morning Glory" must have an unusually high tolerance for stimulants.

10. "Bery Twinkle Morning Glory." 1995. "How To Make LSA Like LSD—Simplified"

11. "Two grams of Heavenly Blue morning glory seeds were finely ground and two tablespoons of sugar dissolved in enough water to cover the mash. This was allowed to dry completely, then inserted into four gelatin capsules. The effects were quite visual, with no nausea. — TT, KY" From *The Entheogen Review*, (Winter Solstice, 1994) (page 17).

12. I don't know if this "quicker is better" concept is correct. It would seem to run counter to the advice I've read regarding mescaline consumption, which encourages the consumer to take mescaline in two doses with some time between them to minimize the nausea which it may produce.

13. Under the heading "Absorption Enhancement" in *The Entheogen Review*, (Autumnal Equinox, 1994) (page 14).

14. "Bery Twinkle Morning Glory." 1995. "How To Make LSA Like LSD—Simplified"

15. E-mail correspondence 1/3/95 which stated, "I have tried finely ground HBWR seeds in DMSO after soaking 30 minutes +. I've also tried it mixed in a mustard paste, as indicated by E.R." Neither of these "transdermal" approaches produced any result for this psychonaut. I am surprised that the DMSO didn't work, and I would hazard a guess that perhaps the seeds which this corespondent was using have either a low, or a deteriorated alkaloid content. Also see *The Entheogen Review* (Winter Solstice, 1995) under the heading "Inactive HBW Ointment" (page 18).

16. Personal correspondence with the author, who wishes to remain anonymous.

17. *The Entheogen Review*, (Summer Solstice, 1995) (page 11).

18. E-mail correspondence1/3/95 which stated "I have tried finely ground HBWR seeds in DMSO after soaking 30 minutes +. I've also tried it mixed in a mustard paste, as indicated by E.R." Neither of these "transdermal" approaches produced any result for this psychonaut.

19. From "Development of a Psychedelic Ointment" in *The Entheogen Review*, (Vernal Equinox, 1995) (page 6).

20. Personal communication via e-mail—author wishes to remain anonymous. Also see testimony that this combination is "nearly identical to LSD." in *The Entheogen Review*, (Summer Solstice, 1995) (page 12).

21. Personal correspondence with its author, who wishes to remain anonymous. Also, two e-mailed correspondences from different sources, both of who tried this combination with many negative side effects.