

THE TOAD REPORT

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. While the primary active chemical of *Bufo alvarius* venom, 5-MeO-DMT isn't currently illegal, there are also trace amounts of bufotenine (5-OH-DMT) in this venom. Bufotenine is a controlled substance—Schedule I. People *have been* arrested for possession of toads/toad venom.¹ Even though 5-MeO-DMT isn't illegal, if you have it in your possession, you could be charged under the "Controlled Substances Analogue Act" (for having a substance "substantially similar" to either DMT or 5-OH-DMT). 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.

First off, the most important thing to know about "hallucinogenic" toads is that YOU DON'T LICK THEM TO GET HIGH! This is seemingly a media misrepresentation, which has been repeated in numerous different places. Perhaps the stupidest place that I saw this misinformation was on an episode of MTV's *Beavis & Buttthead* show. Sucking on a cartoon toad, Beavis mumbles something to the effect of, "Hey, heh-heh, I don't get it. These things are supposed to pack a hell of a buzz, heh-heh." You would think that the writers and producers of *Beavis & Buttthead* would be a little more careful with what they present to their viewing audience, after being sued by a family whose kid set fire to their home after watching Beavis rant about how "Fire's cool." (Although, it is possible that the "toad" episode predates the "fire" episode. I haven't watched MTV for a number of years now, and I can't remember).

In "Misuse and Legend in the 'Toad Licking' Phenomenon," psychedelic historian/writer Tom Lyttle attempts to trace where the media's idea of "toad licking" came from:

"At this point, little in the way of names, precise locations, fatalities, or witnesses had appeared in the legitimate press. The press had, presumably with the help of so-called 'experts' in related drug misuse fields, fueled partial rumors and misinformation. As well, most of the press reports lacked the solid primary sources needed to trace back for facts."²

So why the concern about "licking" toads? Well, licking toads can be deadly. Many species of toads' venom contains the cardioactive glycosides bufogenin and bufotoxin³ which, when consumed orally, greatly increase your heart rate (possibly to the point of no return). For example:

"[bufotoxin and bufogenin] are highly toxic. Mere topical exposure to the crude venom (handling toads) may result in severe headache, nausea, and violent vomiting (Allen and Neill 1956). A recent attempt on the part of a young man to experience hallucinogenic effects from the venom resulted in his suffering near-lethal seizures (Pulling 1990). This victim had taken the venom orally by touching the glands and then licking his fingers."⁴

Or, if you need another example of why oral ingestion of toad venom (or, more specifically, toad parts) are toxic, read further:

"A medical student in Sydney recently ate the ovaries of a cane toad (*Bufo marinus*). 'It was a bet. The ovaries look like caviar.' The student spent six weeks in intensive care and had three heart attacks."⁵

Needless to say, it strikes me as a really stupid thing to orally ingest toad venom. Many amphibians produce toxins, some of which *may* have interesting entheogenic effects when *smoked*. However, there is no reason to be a dead guinea pig testing these things out. I recently heard a rumor of people using the common pet store "pac man" frogs to get high. Apparently these people would toss the frog back and forth like a baseball to get it stressed out. When stressed, the frog released venom on its skin. The "frog tossers" would then wrap the frog in a piece of bread to absorb the toxins, which they would eat. The pet store which sold these frogs supposedly even handed out a "warning" sheet which stated that "care should be taken in handling these frogs so that none of their 'hallucinogenic' venom was ingested by their new owners."⁶ Knowing how extremely toxic numerous amphibians' venom can be, this report strikes me as the height of stupidity. Also, throwing a pet around like a ball to get it stressed out can only be considered cruelty to animals. One more quote here, to drive this point home: "...oral ingestion of venoms from any species of *Bufo*, *Dendrobates*, *Phylllobates*, *Phyllomedusa* or other toxic amphibian is likely to be fatal or life threatening."⁷

Now that you know not to orally ingest toad venom, you're probably wondering how you *can* get high from it. Well, I'm not going to get into any details regarding smoking toad venom here. Why? Two reasons.

First, I believe that it isn't too cool to encourage people to milk toads of their venom, which is the toad's defense mechanism. Also, some believe that the milking process is painful for the toads: "You can tell that the milking bothers the toads."⁸ Keeping reptiles or amphibians as pets is not the same as having a pet cat. Light, heat, shade, diet considerations and more, all need to be taken into account when caring for a reptile or amphibian. My own attempt at keeping a reptile—a uramastix—failed within a week (the reptile died). Although I followed all of the instructions which the pet store gave me, and called several times to ask questions, it turned out that they didn't give me certain information which was vital to keeping the pet alive. My point here is that I feel very strongly that, if the only reason that you have a pet toad is to milk its venom, you should look for another pet. On the other hand, if you already keep reptiles or amphibians as pets, and understand their basic needs, a toad would probably be an okay pet to keep. I refer those who are sincere in their desire to keep toads as pets, and who feel that they could occasionally and responsibly milk their toad's venom, to the booklet *Bufo alvarius: Psychedelic Toad of the Sonoran Desert* by "Albert Most" (see Sources).

Second, there are other ways to get 5-MeO-DMT, which will be brought up a little further in this report.

One point of clarification here. The only toad currently known to contain 5-MeO-DMT in its venom is *Bufo alvarius*. This toad's venom can contain up to 15% 5-MeO-DMT of the dry weight of the venom.⁹ There has been much debate as to whether or not the venom of *Bufo marinus* is also psychoactive. It seems to be generally considered that *B. marinus* venom *isn't* psychoactive.¹⁰ It is known that *B. marinus* venom *does not* contain 5-MeO-DMT, however, it is possible that it may contain other psychoactive compounds. "There was a recent case in which venom of *B. marinus* was smoked (the subject, having heard that *B. alvarius* venom was psychoactive when so used, assumed either that he was dealing with the latter species or that any species of toad was similarly active) leading to psychotropic effects (Blosser 1991)."¹¹

A LITTLE ABOUT THE TRYPTAMINES

5-OH-DMT: It was originally assumed that bufotenine (5-OH-DMT) was the psychoactive constituent of toad venom. However, this idea has since been discarded, due to the fact that bufotenine probably isn't very entheogenic: "...the entheogenic properties of bufotenine are dubious, and the drug has decidedly unpleasant effects..."¹² An Internet posting on the newsgroup alt.drugs stated that "5-OH-DMT... occurs in concentrations of the same order-of-magnitude in *B. alvarius* venom as does 5-MeO-DMT."¹³ This is incorrect, as 5-OH-DMT is believed to occur in only trace amounts in the venom of *Bufo alvarius*.¹⁴ Of course, what are you going to do about Internet misinformation? Those who post information about drugs to the internet rarely quote their sources. Don't believe everything that you read on the 'net.

5-MeO-DMT: It is known, however, that 5-MeO-DMT is entheogenic. One report states that it is "psychoactive in man at doses of three to five milligrams."¹⁵ Another report states that "smoking 6–10 mg of the free base of 5-MeO-DMT produced an entheogenic effect starting in less than 60 seconds, reaching a peak in two to three minutes and lasting about twenty minutes."¹⁶ Still another report (which comments on a trip inspired by 13–15 mg of 5-MeO-DMT and *Peganum harmala* taken by means of a rectal suppository) states "5 mg is considered a 'standard' dose of 5-MeO-DMT, so 13–15 mg is in the 3-X overdose range."¹⁷ However, I am not convinced that 13-15 mg could be considered a "3-X" overdose. The appropriate dose orally with a MAOI is 10 mg,¹⁸ so while 13–15 mg is perhaps an overdose, it is probably only in the magnitude of a 5 mg overdose (or a "0.5-X" overdose). With these comments in mind, and from my own personal experience with smoked 5-MeO-DMT, I would say that an appropriate dose for smoking 5-MeO-DMT is probably 5–10 mg.

DMT: While you aren't likely to find any DMT in toad venom, it is found in varying concentrations in some of the plants mentioned below (which may also contain 5-MeO-DMT). DMT, like 5-OH-DMT is a controlled substance—Schedule I. Most people consider the DMT high to be superior to the 5-MeO-DMT high. In fact, it is probable that this is the reason that 5-MeO-DMT hasn't been scheduled. In *Pharmacotheon*, author Jonathan Ott states "While Jeremy Bigwood and I once commented that 5-MeO-DMT had 'little recreational value' (Bigwood & Ott 1977) and M. V. Smith compared the effects of this drug to having a large elephant sit on one's head (Smith 1976), nevertheless it has its adherents..."¹⁹ For an excellent description of the DMT high, I recommend reading "DMT—How and Why to Get Off" from *Notes From Underground* by "Gracie" and "Zarkov" (see Sources). Their description also contains important information on "how to" smoke DMT that would also apply to 5-MeO-DMT. So, if you are thinking about experimenting with either of these substances, I highly recommend getting a copy of this booklet.

For more information on the short-acting tryptamines, see *Pharmacotheon*, pages 177–192.

THE 5-MEO-DMT EXPERIENCE

Smoking 5-MeO-DMT has been described as terrifying. The following excerpts, taken from *Psychedelic Shamanism*, gives some idea what this is like:²⁰

"Further insights: The fear associated with (5-MeO-DMT) ingestion is something that seems to transcend the will—it is there, and one must deal with it. I haven't had the experience often enough yet to know if one can learn to overcome the fear. Even Gracie and Zarkov say: '...we are always apprehensive before we smoke DMT...'

"The feelings I've had suggest that it is the body, or 'body-consciousness' (the 'nesh') that goes into a state of terror, and that it is extremely difficult for the higher levels of awareness not to be dragged down with it. The fact that DMT exists in the body already (in the pineal gland, significantly enough), and the fact that the (5-MeO-DMT) flash has many characteristics in common with the Near Death Experience, suggest that its normal function is to provide a transition between life and death, or more specifically: this world and the imaginal realm. It certainly feels like a 'little death' when you smoke it."²¹

"By far the heaviest trip yet. Thank God S. was there to hold onto: I almost passed out. Came out of it with tingling extremities due to hyperventilation. An implosion of light and energy so intense that it was touch and go whether I would remain sane. It will probably be a while before I smoke this stuff again. Utterly terrifying!"²²

Another experience, this time of smoking the pure chemical compound 5-MeO-DMT, is related below:

"This is my first experience with 5-MeO-DMT. Finally got a good whiff of it... somewhat peaking right now... not as impressive as I thought it would be... sort of a little reminiscent of the shrooms... hands really shaky... iridescent colors... the time expansion for the first minute was verrry pleasant... I looked at my watch and saw the seconds ticking in reallllly slow motion... and yet the movie I had on was apparently going on in normal sppeeeed... this is what happened to me the one and only time I had THC... 7 minutes out now... gonna sit and get the rest of the movie.

"Amazing how fast this stuff wears off... I am sure that I did not get a full dose, but the sensation that you are being CATAPULTED into the trip is very similar to what happens to me when I get a couple of good hits of (ketamine)... the experience is almost totally different, but the sensation of being at the top of the roller coaster and here it comes ready or not is just about the same... 11 minutes out and aside from a cruise state, I probably could talk with a lot of people I know and they wouldn't think too much of it... my close friends on the other hand would definitely know something is up. The time expansion was great... scary, but I can deal with scared, actually I like scared sometimes... it was only a little away from what it would take to have an entire 'experience' in that first minute... I particularly like the way that people describe being on a different world for a few days right after that first hit of DMT... I need a vacation :) I still can't figure out how my watch and the rest of the world seemed to be on different time scales... the seconds slowwwwwly clicked by, but entire scenes of a movie went by in what really REALLY looked like two seconds on the watch... I turned the movie off and lay still, but really am not having any moving mental changes... maybe I am and need time to realize it..."²³

Okay, time for the author's description of smoked 5-MeO-DMT:

1/8/96: Placed approximately 6 mg into a glass pipe, heated from below until 5-MeO-DMT liquefied, then vaporized. Attempted to inhale deeply, but the harsh taste—like burning plastic—immediately produced the "gag" response. I didn't cough, but held in the small hit that I had. Meanwhile, perhaps 1/3 of the total amount contained in the pipe went up in smoke (oops). Exhaled, and then attempt to inhale any tiny amount of remaining vapors (reheating the pipe). Got a tiny hit. I estimate that I actually got about 4 mg. This was enough for some threshold effects. A deepening of my voice, a light feeling in my body, and some minor visual disturbances with shadow and light. A feeling of increased heart-rate, and a slight feeling of melting into my bed. Effects lasted about five minutes, nothing too spectacular—not what I expected. No real fear state induced. I'm sure that I didn't get a big enough hit.

1/9/96: Placed approximately 12 mg into a glass pipe, and followed the same procedure outlined above. This time I used a gloved hand to cover the "smoke hole" in the pipe, so that the vapors would only come out of the mouth piece (or stay in the pipe). Again, the gag reflex was strong (but I didn't cough). I held the hit as long as I could, and took a second. I held this hit as long as I could. There was probably some residual chemical in the pipe (enough for a third hit), but this time I felt the "tryp" coming on much stronger, and I passed on the third hit. I estimate that I got about 8 mgs this time. Heart rate seemed rapid. It seemed like I needed to remember to breath, so I took deeper breaths—trying to calm myself down a bit. However, there still wasn't any pronounced fear state. My voice was very hollow and deep sounding—like my words were coming from a huge cavern inside my body. I laid back on the bed in a more reclining position. I felt as though my body had flattened out like a paper doll, and melted into the bed. My body felt extremely light (perhaps comparable to how I feel on MDMA or 2C-B, but much stronger). I felt *really* light weight—like I was filled with helium. Intense, very short-acting period where shifting dark and light geometric patterns are seen everywhere in my visual field, and somehow my body seemed to be incorporated with them. I had the sense of being in two places at one time—I could still see/relate to my bedroom, but I also felt like I was in "no space." Visual effects are practically non-existent behind closed eyes. No apparent enhancement of colors. There was only very minor visual "movement" of reality (more like seeing objects through a heat wave, than the movement produced by LSD, 2C-B or *Psilocybe* mushrooms). The major effects lasted between five and ten minutes. I didn't feel any sense of expanded time. After 15 to 20 minutes I felt pretty much normal. Nothing particularly "psychedelic" about it, in the standard sense. There was minor euphoria after the 10 minute period, which lasted perhaps 45 minutes. I didn't really experience any of the fear state which I was expecting (from all of my reading). I was a bit hesitant to smoke 5-MeO-DMT due to everything "scary" that I have read about it. I suppose that it is possible that I still didn't get a big enough dose. I never lost touch with reality, or thought that I was dead. This is an interesting substance, which I will probably try again someday (although I smoked all that I had). My wife said that the first word out of my mouth, on both occasions was "bizarre." Perhaps the experience is hard to explain or remember afterwards. However, it really wasn't nearly as intense or interesting as I expected it to be.

WHERE CAN YOU GET 5-MEO-DMT?

5-MeO-DMT is sold in its chemically pure form from a variety of chemical supply companies. However, most chemical supply companies don't sell to individuals (and of course, nothing that they sell is intended for human consumption). Numerous plants contain 5-MeO-DMT (as well as DMT). A plant with one of the highest concentrations of DMT, and *some* 5-MeO-DMT is an Italian strain of *Phalaris aquatica* known as "AQ1."²⁴ Seeds for this plant are sold by "...of the jungle" (see Sources). "...of the jungle" also sells the "Turkey Red" variety of *Phalaris arundinacea* (in plant form), which is supposed to be a variety that is very high in 5-MeO-DMT. This "Turkey Red" variety is also sold by other ethnobotanical companies such as The Basement Shaman (see Sources). When purchasing *Phalaris* grass seeds it is imperative to get a strain that contains a high amount of alkaloids (such as "Turkey Red" and "AQ1"). *Phalaris* grasses have apparently been selectively bred to reduce their alkaloid content, so make sure that you order one of the aforementioned two varieties. Another variety, *Phalaris brachystachys*, has been mentioned which contains high amounts of DMT and no 5-MeO-DMT.²⁵ Unfortunately, this species doesn't seem to be currently available from any of the specialty mail-order ethnobotanical supply companies. For more information on *Phalaris* grasses and their tryptamine contents, I refer the interested reader to the article "*Ayahuasca-like*" Effects Obtained with Italian Plants by Francesco Festi & Giorgio Samorini, available from Rosetta (see Sources). If

using *Phalaris* grasses as a starting point to extract tryptamines, I highly recommend purchasing *Psychedelic Shamanism* by Jim DeKorne. DeKorne outlines a straightforward extraction procedure in this book (see Sources). Pure chemical 5-MeO-DMT may be available from JLF: Poisonous Non-Consumables (see Sources) for \$5.00 per 10 mg.

SOURCES

...of the jungle, POB 1801 (Dept. PRL), Sebastopol, CA 95473. Catalog \$2.00. Carries many ethnobotanical plants and seeds.

The Basement Shaman, Box 1255 (Dept. PRL), Elgin, IL 60121. Catalog \$2.00. Carries a smaller, more specific selection of entheogenic plants and seeds.

JLF: Poisonous Non-Consumables, POB 184 (Dept. PRL), Elizabethtown, IN 47232. (812) 379-2508. Catalog \$2.00. Catalog plus one year of updates \$4.00. Spend the extra \$2.00 and get on the update mailing list. JLF carries a wide spectrum of seeds, plants, mushrooms, and chemicals—all uniquely poisonous, not for consumption. The catalog's lengthy and hilarious "disclaimer" is worth the price of the catalog—even if you never order anything! JLF has sold 5-MeO-DMT in the past. Send for the latest catalog to see if it is still on their products list.

Rosetta, POB 4611 (Dept. PRL), Berkeley, CA 94704-0611. Catalog \$2.00. Carries *scads* of interesting folios, books, and reports related to ethnobotany and pharmacology—many of which were quoted in this report. Rosetta has *Bufo alvarius*: *The Psychedelic Toad of the Sonoran Desert*, *Identity Of A New World Psychoactive Toad*, *Misuse and Legend in the "Toad Licking" Phenomenon*, *Notes From Underground*, "*Ayahuasca-like*" Effects Obtained with Italian Plants, and many other interesting offerings. Highly recommended!

The Entheogen Law Reporter is a quarterly publication which covers questions about the law related to entheogenic plants/animals and the people who use them for spiritual or epistemological purposes. Subscriptions are \$25.00, and checks should be made out to Richard Glen Boire, at POB 73481 (Dept. PRL), Davis, CA 95617-3481

Pharmacotheon by Jonathan Ott is the most comprehensive book on plant entheogens ever written. This book is a must! It is available for \$40.00 (softcover) or \$70.00 (hardcover). Add \$3.00 (USA) or \$5.00 (FOREIGN) for S/H. CA residents add 7.5% sales tax. Order from Natural Products Co., POB 1251 (Dept. PRL), Occidental, CA 95465. I can not recommend this book highly enough—it is "the bible" for those interested in entheogens.

The Entheogen Review is a quarterly network newsletter, edited by Jim DeKorne, author of *Psychedelic Shamanism*. Subscriptions are \$20.00 per year (USA), \$30.00 (Foreign). Back issues are \$5.00 (USA), \$7.00 (Foreign). This publication is my favorite subscription! Do yourself a favor and subscribe today. Order from: TER, POB 800 (Dept. PRL), El Rito, NM 87530. Checks can be made out to *The Entheogen Review*. You can also order copies of DeKorne's excellent book *Psychedelic Shamanism* for \$22.00 (postpaid) from this address.

★NEW INFORMATION

It turns out that bufotenine may actually be entheogenic! Recent bio-assay experiments by Ott and others with the toasted, powdered seeds of *Anadenanthera colubrina* var. *Cebil* show a very definite and enjoyable entheogenic effect. One variety of these seeds tested-out at having a high concentration of bufotenine and no other active chemicals. Experiments which test pure bufotenine are planned.

FOOTNOTES & REFERENCES

- 1 *The Entheogen Law Reporter* (Issue No. 3, Summer 1994), (page 20).
- 2 Lyttle, T. 1993. "Misuse and Legend in the 'Toad Licking' Phenomenon." *The International Journal of the Addictions*, 28(6), (page 533).
- 3 Meyer, K. and H. Linde. 1971. "Collection of Toad Venoms and Chemistry of the Toad Venom Steroids." *Venomous Vertebrates*, edited by Wolfgang Bücherl and Eleanor Buckley, (pp 521-556). *Venomous Animals and Their Venoms*, vol. 2., Academic Press, New York.
- 4 Davis, E. W. and A. T. Weil. 1992. "Identity of a New World psychoactive toad." *Ancient Mesoamerica* 3 (page 53). Also see Allen, E. R. and W. T. Neill. 1956. "Effect of Marine Toad Toxins on Man." *Herpetologica* 12, (pp150-151) and Pulling, N. 1990. "Toad Licking Puts Men in Hospital." *The Globe and Mail*. July 30, (pp A1-2).
- 5 *The Entheogen Review* (Summer Solstice, 1994). Edited by Jim DeKorne. "Toadal Confusion," (page 10). Quote originally appeared in *New Scientist*, 9 Oct., 1993.
- 6 1/96. Personal phone communication with Mark Niemoeller, owner of JLF, Poisonous Non-Consumables.
- 7 Ott, J. 1993. *Pharmactheon: Entheogenic Drugs, Their Plant Sources and History*. Natural Products Company, Kennewick, WA. ISBN 0-9614234-2-0, (page 397).
- 8 Statement of narcotics officer Greg Elam from "Couple leap at chance to fight toad-drug charge." *The Sacramento Bee*, March 2, 1994, (p B1).
- 9 Most, A. Spring, 1984. *Bufo alvarius: The Psychedelic Toad of the Sonoran Desert*. Venom Press, Denton, TX.
- 10 Davis, E. W. and A. T. Weil. 1992. "Identity of a New World psychoactive toad." *Ancient Mesoamerica* 3, (page 56). "Because of the toxicity of *B. marinus* venom, we considered it prudent not to experiment with smoking and elected to heed the advice of Furst who noted that 'to experiment with these dangerous substances would obviously be the height of folly' (1976:165). However, the fact that analysis of the venom has yielded no hallucinogenic constituents suggests that it is highly unlikely that *Bufo marinus* could, under any circumstances now or in the past, be employed as a psychoactive agent. Also see Furst, P. T. 1976. *Hallucinogens and Culture*. Chandler and Sharp Publishers, San Francisco.
- 11 Ott, J. 1993. *Pharmactheon: Entheogenic Drugs, Their Plant Sources and History*. Natural Products Company, Kennewick, WA. ISBN 0-9614234-2-0, (page 397). From a 1991 personal communication between Jonathan Ott and B. Blosser, Catemaco, Veracruz, México.
- 12 Ott, J. 1993. *Pharmactheon: Entheogenic Drugs, Their Plant Sources and History*. Natural Products Company, Kennewick, WA. ISBN 0-9614234-2-0, (page 179).
- 13 Posted to alt.drugs 2/10/95. Apparently written by "Spud Demon."
- 14 Boire, R. G. 1994. *The Entheogen Law Reporter* (Issue No. 2) "Criminalizing Nature & Knowledge: Toads, Cacti, Mushrooms, and the Domain of the Human Brain." (page 7). Mr. Boire states, "The venom is believed to contain only trace amounts of bufotenine. In fact, the actual amount of bufotenine in the venom is possibly, if not likely, so scant that a single extraction from the toad's parotoid glands might not contain an amount of bufotenine 'usable' as a controlled substance, as required for a possession conviction under California law." Also see *Pharmactheon* (page 179).
- 15 Most, A. Spring, 1984. *Bufo alvarius: The Psychedelic Toad of the Sonoran Desert*. Venom Press, Denton, TX.
- 16 Ott, J. 1993. *Pharmactheon: Entheogenic Drugs, Their Plant Sources and History*. Natural Products Company, Kennewick, WA. ISBN 0-9614234-2-0, (page 182).
- 17 *The Entheogen Review*, Winter Solstice, 1995, (page 8). Comment made by editor Jim DeKorne.
- 18 Ott, J. 1993. *Pharmactheon: Entheogenic Drugs, Their Plant Sources and History*. Natural Products Company, Kennewick, WA. ISBN 0-9614234-2-0, (page 182).
- 19 Ott, J. 1993. *Pharmactheon: Entheogenic Drugs, Their Plant Sources and History*. Natural Products Company, Kennewick, WA. ISBN 0-9614234-2-0, (page 182). Also see Bigwood, J. and J. Ott 1977. "DMT" *Head*. November issue, (page 56) and Smith, M. V. (Pseudonym for Michael Starks) 1976. *Psychedelic Chemistry*. Fourth edition, corrected and expanded. Rip Off Press, San Francisco, CA.
- 20 The original version of these comments made by author Jim DeKorne had "DMT" where I have inserted in brackets "5-MeO-DMT." DeKorne was working from an extract of the *Phalaris arundinacea* plant. At the time DeKorne wrote his comments, he thought that DMT was the primary psychoactive compound in this grass. It turned out that the primary psychoactive compound in this *Phalaris* grass is 5-MeO-DMT, with minor amounts of DMT.
- 21 DeKorne, J. 1994. *Psychedelic Shamanism*. Loompanics Unlimited, Port Townsend, WA. ISBN 1-55950-110-3, (page 104).
- 22 DeKorne, J. 1994. *Psychedelic Shamanism*. Loompanics Unlimited, Port Townsend, WA. ISBN 1-55950-110-3, (page 105).
- 23 Personal e-mail communication with author, 1/8/96. Correspondent wishes to remain anonymous.
- 24 Festi, F. and G. Samorini. October, 1994. "Ayahuasca-like" effects obtained with Italian plants. Communication presented at the II° International Congress for the Study of the modified States of Consciousness.
- 25 Festi, F. and G. Samorini. October, 1994. "Ayahuasca-like" effects obtained with Italian plants. Communication presented at the II° International Congress for the Study of the modified States of Consciousness.