**4-HO-MET**

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| **Duration** |  | **Dosages** |
| Insufflated |  | Insufflated |
| Total duration | 2 – 4 hours |  | Treshold | 2 – 7 mg |
| Onset | 5 – 25 minutes |  | Light | 5 – 10 mg |
| Plateau | 1 – 2 hours |  | Common | 8 – 15 mg |
| Coming Down | 30 – 60 minutes |  | Strong | 12 – 20 mg |
| After Effects | Up to 12 hours |  | Heavy | 20+ mg |
|  |  |  |  |  |

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| **EFFECTS LIST** |
| **POSITIVE** | **NEUTRAL** | **NEGATIVE** |
| brightened colors / enhanced visual perception | general shift in consciousness (common) | anxiety |
| increase in associative and creative thinking | pupil dilation | jaw tension |
| mood lift, euphoria | change in perception of time | confusion |
| enhanced tactile sensation | slight increase in heart rate | nausea |
| increased appreciation of music | slight increase in blood pressure | light to mild dehydration |
| organic, cartoon-like visuals | tremors | sweating |
| increased awareness | closed- and open-eye visuals | sensation of cold / shivers |
| mild boost in empathy |  | some users report slight hypoxia at higher doses |
| \*(likelihood of negative side effects increases with higher doses) |

**Source:** Erowid 4-HO-MET Vault

**Link**: https://www.erowid.org/chemicals/4\_ho\_met/4\_ho\_met.shtml

**Perryport – 4-HO-MET – 15 mg Insufflated**

**Introduction**As I had slept way too much, I had the spare time to try out a new psychedelic during the night. 4-HO-MET was one of the choices and its duration made it quite practical. I didn’t know very much of the drug, but most of what I had heard and read gave me the impression that it would be very similar to shrooms. Only that association has been the reason for me to have this lying around for so long. Now I just went for it and was pleasantly amazed.

**T+0 = 6:15e**

**T+0:00**

 The taste wasn’t pleasant, but I’ve tasted worse. As I was tidying up around me I already noticed some visual distortions. They seem to have vivid, kind appearance. I quickly change my music into some techno, instead of the Hardcore / Frenchcore I was listening to. Apart from a slight stomach ache, all is well as of now.

The visuals are extremely intense, which I admire at the moment.

**T+0:30**

 The effects a fully noticeable. I enjoy how pc programs have built in warnings to prevent spelling and grammar mistakes. The music I listen to is amazing, while this is a liveset I’ve listened to like a million times. The visual paters from this drug aren’t really like any I’ve ever seen before. They appear strong in both their vividness and their message. I think message is the right word for it.

***Sidenote****: Word lay-out is difficult as fuck, but I’m sort of used to that…*

*Messing around with Word lay-out is also almost all I’m doing at the moment, aside from enjoying music.*

 **T+2:00**

 I’ve been trying to get the first page’s tables’ lay-out the way I wanted until now. Just had a few small chats on tinychat, but other than that, the lay out is all that kept me busy. I do notice that the effects are slowly starting to fade away already. Which makes me feel disappointed, as opposed to many other psychedelics.

**T+2:30**

 I’ll take this moment to describe the feelings throughout the trip, as that didn’t really happen, since I got distracted by alignment issues that were caused by, as I now realise, my own visual distortions. The general feeling has been free and somewhat euphoric. Overall I felt as if I was capable of doing almost anything, but in practice this turned out a misconception. Distractions and perfectionism developed into an obstruction. Ah, whatever, I’ll just throw everything in the conclusion.

**Conclusion:**

The drug was nothing like I had expected, but it was an amazingly colourful and overall just beautiful experience. To me personally, it lacked depth, but the mind blowing visual display made up for that. The experience was very short lasting, but it was truly a visual festival. Next to the, throughout the entire trip, extraordinarily vivid colours, the patterns and structures were different from what I remember from last time I did psychedelics. Especially the precise detail of the patterns’ path. Beautiful swirls, made up of extremely high definition dots, that each had a its very own indescribably bright colour.