



POCKET GUIDE

XÜM GUIDE



DEEPER INFO

**1 TABLET = 3MG METOCIN
~500MG SHROOMS**



**1/4 TAB = ~125MG SHROOMS
LIGHT MICRODOSE**

**1/2 TAB = ~250MG SHROOMS
MICRODOSE**



**1 TRANSCEND SOFT GEL =
21MG METOCIN ~4G SHROOMS**

DURATION

ONSET

PEAK

COME DOWN

XÜM TABS	TRANSCEND SOFT GEL
VERSATILITY	SIMPLICITY
RAPIDLY BIOAVAILABLE	SLOW RELEASE
~4 HOURS	~6 HOURS
~15 MINUTES	~45 MINUTES
SHORTER	LONGER
SUDDEN	GRADUAL

RESPECT THIS COMPOUND

Metocin (4-HO-MET) an unscheduled psychedelic similar in experience to psilocybin. Overconsumption will result in temporary intense psychedelic visuals and hallucinations.

for a better tomorrow

the time will come

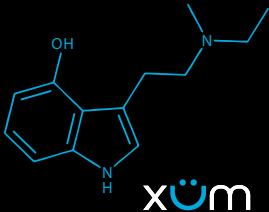
when those who do no harm
no longer feel the need to hide

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METOCIN (4-HO-MET)



Occasional Experience

Wait minimum 2 weeks between experiences, for your receptors to fully reset, to reduce impact on your tolerance.

Failure to wait for tolerance reset will result in diminishing effects, and possibly no effect. Please don't try to brute force past your tolerance.

Don't fiend tryptamines

Metocin is cross tolerant with all other psychedelics. Tolerance break applies across all.

Best on an Empty Stomach

The longer it takes for your system to process contents in your stomach, the longer the onset.

No MAOIs

Combining MAOIs with Tryptamines seriously increases the risk for Serotonin Syndrome. **Avoid**

No SSRIs

SSRIs will blunt or completely block the effects of Tryptamines. Sadly, a waste of time and product.

Flow With It

Your brain will go where it needs to. Never struggle against your psychedelic experience. You will lose, and freak yourself out. No matter what you experience, drop any resistance and **flow with it**. **This will be stunningly beautiful.**

Not Medical Advice

Please be thoughtful. Seek out better understanding. Stay true to what works for you.