

## Option II: - choices and mixes

If you want to go deeper and learn about the different options, or combine, this is for you.

MAOIs:

**Caapi resin:** the original teacher in reduced form, NaturalEther.com sells a black goop, it's a full spectrum MAOI, sticky and a bit harder to handle and weigh due to it's consistency. It has a larger range of harmala alkaloids and is considered by many to be the "true" ayahuasca teacher with most healing potential. You can also purchase the caapi vine powder and make your own traditional brew (24 hours is the traditional brew time for maximizing harmaline to THH conversion). 50g of cielo caapi powder is about equal to 15-30g of the resin depending on how the resin is extracted..

**20x Syrian rue:** this is a full spectrum crude rue extract, much cheaper than pure harmalas, but not as reliably absorbed. 400mg is an average dose.

**Syrian Rue Seeds:** The cheapest source of harmalas. 3 grams of seeds is a standard dose. Some people make a tea but you can just chew and eat them to save time.

**2:1:1 harmalas mix:** This is the mix of 2 parts THH, 1 part harmine, and 1 part harmaline In HCl form that seems to work well for most people. 170mg is an average dose.

**Individual harmalas:** THH is the most powerful, but can be scary as it lacks hypnotism. Harmine is a great balanced harmala especially good for those with fear. Harmaline is the most hypnotic and least pleasant harmala, but cheapest, and some people like it--NOTE: it is twice as potent by weight as other harmalas!

Note: With regard to the plant powders, seeds, and goos, there is absolutely no way to accurately tell the exact amount of harmalas inside without lab testing each batch and source. These values are only a general guide to help you experiment and mix sources. This info is compiled into a table on the next page.

1g = 1,000mg; 100mg = 0.100g

MAOI Source	Avg single dose	Notes
2:1:1 harmala premix	170 mg	2 parts THH, 1 part harmine, 1 part harmaline
Harmaline HCl	100mg	Most foggy/hypnotic/bleh/cheapest
Harmine HCl	200mg	Nice, balanced, hypnotic harmala.
Tetrahydroharmine (THH) HCl	200mg	Not hypnotic. Can be scary due to lack of hypnotism, but powerful. Best combined with harmine to avoid freak-outs.
"60x" B. Caapi resin (cielo) "60x" B. muricata resin Red "30x" Caapi resin B. Caapi powder (cielo) B. muricata powder Red Tiger Paw caapi	~15g ~15g ~30g ~50g ~25g ~50g?	Expensive. Traditional, considered more healing than other harmala sources due to the additional 6 harmalas found in Caapi. Less reliably absorbed than pure harmalas or rue water.
Syrian rue 20x powder	400mg (1/6th tsp)	Unsafe for pregnant women. Less reliably absorbed. Cheap.
Syrian rue seeds	2-4g (1-2 teaspoons)	Unsafe for pregnancy. Mix in warm water, leave 2 hours, strain & drink the water. Cheapest.

DMT Source		
Acacia Confusa Root Bark (ACRB)	Powdered 0.5g to 3g	A smoother ride than mimosa
Mimosa hostilis Root Bark (MHRB)	Powdered 0.5g to 3g	Tends to hit all at once