



## Alert from the NDEWS Web Monitoring Team: Online mentions of 4-HO-MET

**What was found?** 4-HO-MET has had a consistent increase in discussion since February 2024. The substance was previously reported by the web monitoring team in late March 2023.

**What is 4-HO-MET?** 4-HO-MET has had a consistent increase in discussion since February 2024. The substance was previously reported by the web monitoring team in late March 2023.

**How is it being discussed?** 4-HO-MET is often mentioned with other synthetic psychedelics such as other tryptamines and 2-CB. Commenters warn against taking the drug unsupervised; in some cases, the drug can lead to psychosis or other "trance-like" symptoms.

**Drug Terms:** 4-HO-MET, Metocin, Methylcybin, 4HO, Colour