

Kanna Alkaloid Information Guide

What is Kanna?

Kanna (*Sceletium tortuosum*) is a South African plant traditionally used to support mood, reduce stress, and enhance overall well-being.

This product contains a **standardized extract of kanna alkaloids**, primarily:

- **Mesembrine**
- **Mesembrenone**
- **(±)-Δ⁷-Mesembrenone**

Unlike raw plant material, this formulation is designed for precision dosing.

How It Works (Mechanism of Action)

Kanna alkaloids primarily function as:

- **Serotonin Reuptake Inhibitors (SRI)**: Increase the availability of serotonin by slowing its reabsorption in the brain
- **Phosphodiesterase-4 (PDE4) Inhibitors**: Support mood regulation, cognitive flexibility, and stress response

Some studies suggest additional interaction with monoamine transporters; however: **Kanna does not act as a classical neurotransmitter releaser (like amphetamines).**

Effects

Desired Effects

- Elevated mood / mild euphoria
 - Reduced anxiety and social tension
 - Increased focus and mental clarity
 - Enhanced sensory perception
 - Subtle physical relaxation
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Dose-Dependent Effects

- **Low Dose:**
Light stimulation, focus, mood lift
 - **Moderate Dose:**
Balanced mood enhancement and relaxation
 - **Higher Dose:**
Sedation, body heaviness, emotional openness
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Potential Side Effects

Effects vary by individual, dose, and method of use.

Possible side effects include:

- Headache
- Nausea (especially on an empty stomach)
- Temporary anxiety or overstimulation
- Sweating
- Mild increase in heart rate
- Sedation at higher doses

Note: Faster routes of administration may produce a more intense onset.

Dosing Guidelines (Alkaloid Content)

This product is dosed by **total alkaloid content (mg)**

Suggested Use

- **Beginner:**
1–2 mg
- **Standard Range:**
3–4 mg
- **Experienced Users:**
5+ mg

Each purchase comes with a milligram spoon, which delivers approximately 2.1 ± 0.5 mg.

Start with $\frac{1}{2}$ -1 spoonful and adjust dosage accordingly for desired effects.

Best Practices

- Start low and increase gradually
- Wait at least **1 hour before re-dosing**
- Effects may vary based on body chemistry, food intake, and tolerance

Onset & Duration

Oral: 15-60 minutes onset, 3-6 hours duration

Sublingual: 5-20 minutes onset, 2-4 hours duration

Insufflation: 3-5 minutes onset, 1-3 hours duration

Interactions & Warnings

Do NOT combine with:

- SSRIs (e.g., fluoxetine, sertraline)
- SNRIs
- MAO inhibitors
- Other serotonergic substances

Risk: Serotonin syndrome (rare but serious)

Use Caution With:

- Stimulants
 - Alcohol
 - Other mood-altering compounds
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Who Should Avoid Use

- Individuals under 18
 - Pregnant or breastfeeding individuals
 - Those with:
 - Cardiovascular conditions
 - Psychiatric conditions
 - Anyone taking medications affecting serotonin levels
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Important Disclaimer

This product is **not approved by the FDA** to diagnose, treat, cure, or prevent any disease.

This is a **botanical alkaloid product intended for general wellness purposes only.**

Use responsibly.

Storage

- Store in a **cool, dry environment**
 - Avoid humidity and heat
 - Keep container tightly sealed
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Final Notes

This product is built around:

- **Standardization**
- **Analytical consistency**
- **Precision dosing**

Even at low milligram levels, kanna alkaloids can be active. Respect the dose.

Precision botanical chemistry.
Consistent, measurable, and intentional.