

# MDMA Supplementation Shopping List

Want to roll and still feel like a human being afterwards? Here's the list of supplements we recommend purchasing, with links to each product. Refer to the MDMA Harm Reduction Stack Instructions for important timing, dosage, and safety information.

[5-HTP](#)

[Acetyl-L Carnitine](#)

[Calcium Carbonate](#)

[CoQ-10](#)

[Decaffeinated EGCG](#)

[Garcinia kola](#)

Ginger - [whole](#) or [tincture](#)

*Ginkgo biloba*: [whole](#) or [tincture](#)

[Grape Seed Extract](#)

Lemon balm: [whole](#) or [tincture](#)

[Magnesium Glycinate](#)

[Melatonin](#)

[N-acetylcysteine](#)

[Na-R-ALA](#)

[Selenium](#)

[Vitamin B3 \(Niacin\)](#)

[Vitamin C](#)

[Vitamin E](#)

