

Shipping 4-HO-MET in the EU

Theoretically, under the [Mutual Recognition of Goods Act](#), you could send 4-HO-MET (4-hydroxy-N-methyl-N-ethyltryptamine) to any EU country. However, in this case, unlike with psilocybin truffles for example, countries are allowed to deviate from this law.

To mitigate risks, Primal Focus takes these measures:

1. We make our customers aware that we do not want to process transactions for orders to EU countries where 4-HO-MET is prohibited.
2. We check the laws per country annually for changes.

This document is for reference only and does **not** constitute legal advice. We cannot guarantee its accuracy at all times. If you spot outdated or missing info—or can verify legality in your country—please contact us at info@primalfocus.eu.

Overview of legislation per country in the EU [↓](#)

Country	Law	Controlled?
Austria	https://www.ris.bka.gv.at/Dokumente/Bundesnormen/NOR40261441/II_106_2024_Anlage_II.pdf	Yes
Belgium	FAGG (Federal Agency for Medicines and Health Products) with an ("indicative, non-exhaustive") list of legislation by drug	Yes
Bulgaria	https://primalfocus.eu/wp-content/uploads/2025/08/naredba-red-za-klasifiksirane-na-rastenyata-i-veshtestvata-kato-narkotichni-08-11-2013-1.pdf	Yes
Croatia	https://www.zakon.hr/c/podzakonski-propis/56029/nn-19-2023-%2817.2.2023.%29%2C-popis-droga%2C-psihotropnih-tvari-i-biljaka-iz-kojih-se-mo%C5%BEe-dobiti-droga-te-tvari-koje-se https://narodne-novine.nn.hr/clanci/sluzbeni/2024_12_154_2555.html	No
Cyprus		Unclear
Czech Republic	https://mzd.gov.cz/wp-content/uploads/2021/05/Na%c5%99%c3%adzen%c3%ad-vl%c3%a1dy-%c4%8d.-184_2021-Sb..pdf https://mzd.gov.cz/zakon-umoznujici-regulaci-psychoaktivnich-latek-vstoupil-v-platnost-ucinnosti-nabude-1-ledna-2025/	No

Denmark	Comprehensive list of euphoriant substances listed in Annex 1 to the Executive Order on euphoriant substances no. 2446 of December 12, 2021 and substances regulated hereafter via amending executive orders	Yes
Estonia	Uued psühhoaktiivsed ained	Yes
Finland	Valtioneuvoston asetus kuluttajamarkkinoilta kielletyistä psykoaktiivisista aineista	Yes
France	https://www.legifrance.gouv.fr/loda/id/JORFTEXT000000533085	No
Germany	https://www.bundesgesundheitsministerium.de/service/begriffe-von-a-z/n/nps.html https://www.bundesgesundheitsministerium.de/service/begriffe-von-a-z/n/npsg.html	Yes
Greece		Unclear
Hungary	https://njt.hu/jogszabaly/2014-55-20-5H https://njt.hu/jogszabaly/2012-66-20-22	Unclear
Ireland	https://www.hpra.ie/regulation/controlled-drugs/controlled-drugs-legislation/about-controlled-drugs-legislation	No
Italy	https://www.salute.gov.it/portale/medicinaliStupefacenti/dettaglioContenutiMedicinaliStupefacenti.jsp?lingua=italiano&id=3729&area=sostanzeStupefacenti&menu=vuoto&tab=1	Yes
Latvia	https://likumi.lv/ta/id/121086-noteikumi-par-latvija-kontrolejamajam-narkotiskajam-vielam-psihotropajam-vielam-un-prekursoriem	Yes
Lithuania		Unclear
Luxembourg	Version consolidée applicable au 21/07/2023 : Loi du 19 février 1973 concernant la vente de substances médicamenteuses et la lutte contre la toxicomanie. https://legilux.public.lu/eli/etat/leg/rgd/2023/03/01/a101/jo	Unclear
Malta		Unclear
The Netherlands	https://wetten.overheid.nl/BWBR0001941/2024-04-16/0 https://www.eerstekamer.nl/behandeling/20250210/publicatie_wet_2/document3/f=/vmkrcitd85vn.pdf	No

Poland	https://isap.sejm.gov.pl/isap.nsf/download.xsp/WDU20230000744/O/D20230744.pdf	Yes
Portugal	https://www.pgdlisboa.pt/leis/lei_mostra_articulado.php?nid=3886&tabela=leis&ficha=1&pagina=1&so_miolo=	No
Romania	https://legislatie.just.ro/Public/DetaliiDocumentAfis/253066	No
Slovakia	https://www.zakonypreludi.sk/zz/1998-139	No
Slovenia		Unclear
Spain	https://pnsd.sanidad.gob.es/ciudadanos/legislacion/delitos/pdf/20210730_INTF_dosis_minimas_psicoactivas_trafico_de_drogas.pdf	No
	4-HO-MET is not listed here & also not here: https://pnsd.sanidad.gob.es/ciudadanos/informacion/sustanciasPsicoactivas/home.htm	
Sweden	https://www.riksdagen.se/sv/dokument-och-lagar/dokument/svensk-forfattningssamling/forordning-19921554-om-kontroll-av-narkotika_sfs-1992-1554/ https://www.folkhalsomyndigheten.se/livsvillkor-levnadsvanor/andts/det-har-gor-vi-inom-andts/narkotika-och-halsofarliga-varor/substanser-under-utredning/	Yes