



MDMA

ecstasy, xtc, molly, x, rolls, beans

What is MDMA ?

- MDMA, or 3,4-Methylenedioxymethamphetamine, is the drug originally called "ecstasy" or "molly". They belong to a family of drugs called entactogens, which means "touching within." Other drugs in this category include MDA, MDE and MBDB.
- MDMA was first synthesized in 1912 by Merck Pharmaceuticals in Germany, although it was never tested on humans. The recreational use of MDMA did not begin until the mid 1970s.
- Before it was made illegal in 1985, MDMA was a medicine used by psychiatrists and therapists. Studies are currently underway in multiple countries assessing MDMA's effectiveness for the treatment of Post-Traumatic Stress Disorder (PTSD) and end-of-life anxiety, as well as social anxiety in autistic adults.

How is MDMA used?

- MDMA is almost always consumed orally or by insufflation (snorting). Although other administration methods are biologically possible, they are uncommon in recreational users.

What are the effects of MDMA ?

- MDMA is a "mood elevator" that produces a relaxed, euphoric state. It does not cause hallucinations.
- With oral consumption, MDMA takes effect in 20 to 40 minutes, with little rushes of exhilaration which can be accompanied by nausea. 60 to 90 minutes after taking the drug, the user feels the peak effects. (If insufflated, the effects come on and wear off faster.)
- Sensations are enhanced and the user experiences heightened feelings of empathy, emotional warmth, and self-acceptance.
- The effects of MDMA subside after about 3-5 hours.
- The effect that makes MDMA different from other drugs is empathy, the sensation of understanding and acceptance of others.
- Frequent or high doses of MDMA have been linked to neurotoxic damage in laboratory animals. It is possible that similar damage can occur in humans if MDMA, though there is no evidence that this causes long-term cognitive impairments.

What is the dosage of MDMA?

Every individual reacts differently to every chemical, This information is intended to describe the range of dosages others report using and it should not be construed as a recommendation of any sort. Individuals can respond very differently to the same dosage. What is safe for one can be deadly for another.

- A normal oral dose of MDMA is between 70 and 125mg.
- MDMA is usually swallowed as a tablet or gel cap, although some people insufflate (snort) it.
- Black market "ecstasy" tablets and "molly" powder vary widely in strength, and sometimes do not contain any MDMA at all. Even when it does contain MDMA, it can be mixed with other drugs.

Harm Reduction Tips for MDMA

- Much of what is sold as "ecstasy" on the black market actually contains other drugs, some of which are more dangerous than MDMA, such as PMA, methamphetamine, and cathinones. Always test your drugs before consuming them.
- Some people experience a hangover after taking MDMA that can last through the next day or even longer. This is because of MDMA's action on serotonin, a brain chemical that regulates mood. Taking too high a dose or using too frequently can increase the severity of an MDMA hangover.
- Higher doses of MDMA, especially if taken in a hot environment, can lead to hyperthermia or heat stroke, which can be fatal. If you are dancing for long periods of time in a hot club, remember to take breaks, cool down, and stay hydrated. Drink one or two cups of water or a sports drink per hour. Sports drinks are better.
- Some people have died from drinking too much water after taking MDMA. This is called "hyponatremia" and happens when the body's electrolytes (salts) become diluted.
- Consider having a "trip buddy" to remind each other to stay cool and hydrated, especially if dancing for long periods of time.
- MDMA is a Schedule I controlled substance and is illegal to possess, buy, distribute, or manufacture in the United States. A conviction for possession or sale can carry long prison sentences.
- Mixing MDMA with alcohol or other drugs increases the risk of adverse reactions.
- Roll no more than once every 2-3 months.

Is MDMA addictive?

- MDMA is not physically addictive. However, some people have become compulsive, every-weekend users. Taken too frequently, MDMA loses its effect. This long-term tolerance is unique to MDMA.
- Although MDMA releases serotonin, it is not a good long-term antidepressant. Effective treatments for depression are available with the proper diagnosis by a qualified physician.