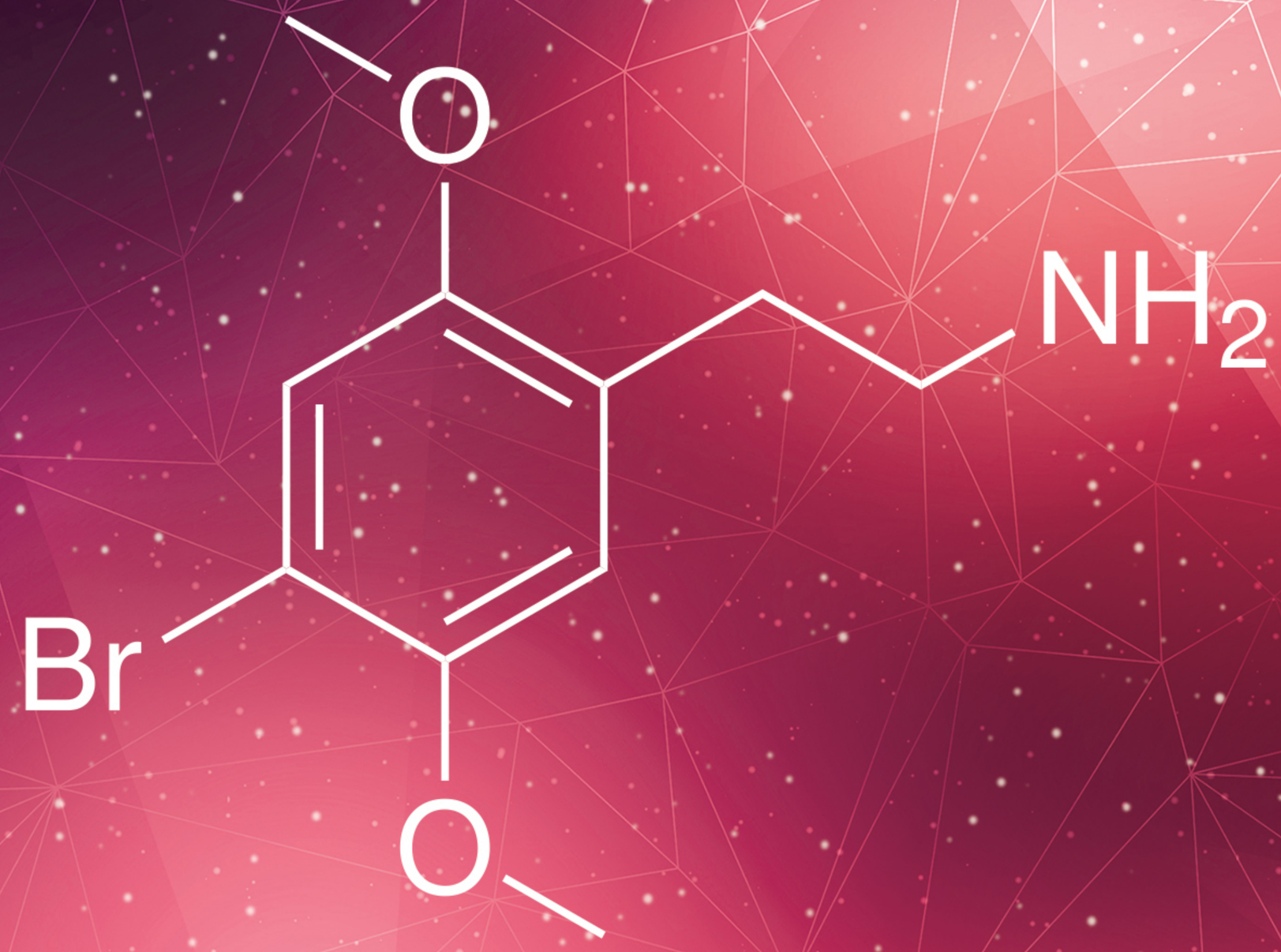



# 2C-(X)

2c-b, 2c-i, 2c-e, 2c-t-7 nexus, smiles

## What are the 2Cs?

• Over 30 different chemicals belong to the 2C family of drugs, including, but not limited to 2C-I, 2C-E, 2C-D, 2C-T7 and 2C-B, and new variations are developed occasionally by chemically modifying existing members of this family.

• All of the 2C drugs are psychedelic phenethylamines. Most were developed in the 1970s and 1980s by Dr. Alexander Shulgin, although some were synthesized as early as the mid 1930s.

• Most of the 2C drugs are considered to be both psychedelic and entactogenic. "Entactogen" is a term used by psychiatrists to classify Ecstasy (MDMA) and related drugs. It literally translates as "touching within".

• The 2C family of drugs are found as a white powder usually manufactured as pressed tablets or powder filled gel caps.

## How are the 2Cs used?

• 2Cs are commonly taken orally, although reports of snorting and intravenous use do exist online.

## What are the effects of the 2Cs?

• Because this is a family of drugs, the effects can vary from one individual substance to another.

• At lower doses, most of the 2Cs produce a more entactogenic effect, with little or no hallucinations. Users report feeling "in touch" with themselves and their emotions.

• With higher doses, the 2Cs tend to produce intense visual effects. Moving objects leave "trails". Surfaces may appear covered with geometric patterns, and may appear to be moving or "breathing." Colors may appear from nowhere.

• Music can affect the 2C visual experience, causing the patterns, colors and movements to change. Users often say they can "see" the music. This blending of sight and sound is called synesthesia.

• The visual effects of the 2Cs can be much more intense than those produced by LSD or mushrooms, yet most users report a relatively clear "head space" as compared to other psychedelics.

• At higher doses, a noticeable "rushing" sensation is reported with most of the 2C family of drugs.

• The onset of the 2Cs effects are 20-45 minutes and total duration is between 5 to 8 hours.*

## What is the dosage of the 2Cs?

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.

• Because this is a family of drugs, the dosage can vary from one individual substance to another. ALL of

the 2C drugs are very dose sensitive. A few milligrams more can produce a tremendous difference in the effect. It is impossible to know the dose level present in an illicit tablet or capsule.

• The vast majority of the 2C family of drugs have a dosage range from 2mg on the low end to 40mg on the high end.

## Harm Reduction Tips for the 2Cs

• Because a difference of just a few milligrams can make for a radically different experience, taking these substances without using an accurate milligram scale can lead to consuming far more than intended.

• While most people find the 2C series easier to handle than other psychedelics, the potential for a difficult experience still exists, especially with higher doses.

• In some people, the 2Cs can cause nausea, trembling, chills, or nervousness.

• Very little is known about any of the 2Cs pharmacological effect. While deaths from any of the 2C series are extremely rare, they are not unknown, and no clinical studies assessing its safety have been done.

• Virtually all of the 2C drugs are illegal, as either directly scheduled substances or under the federal ‘analog act’. Possession, distribution and manufacturing can result in extended prison sentences.

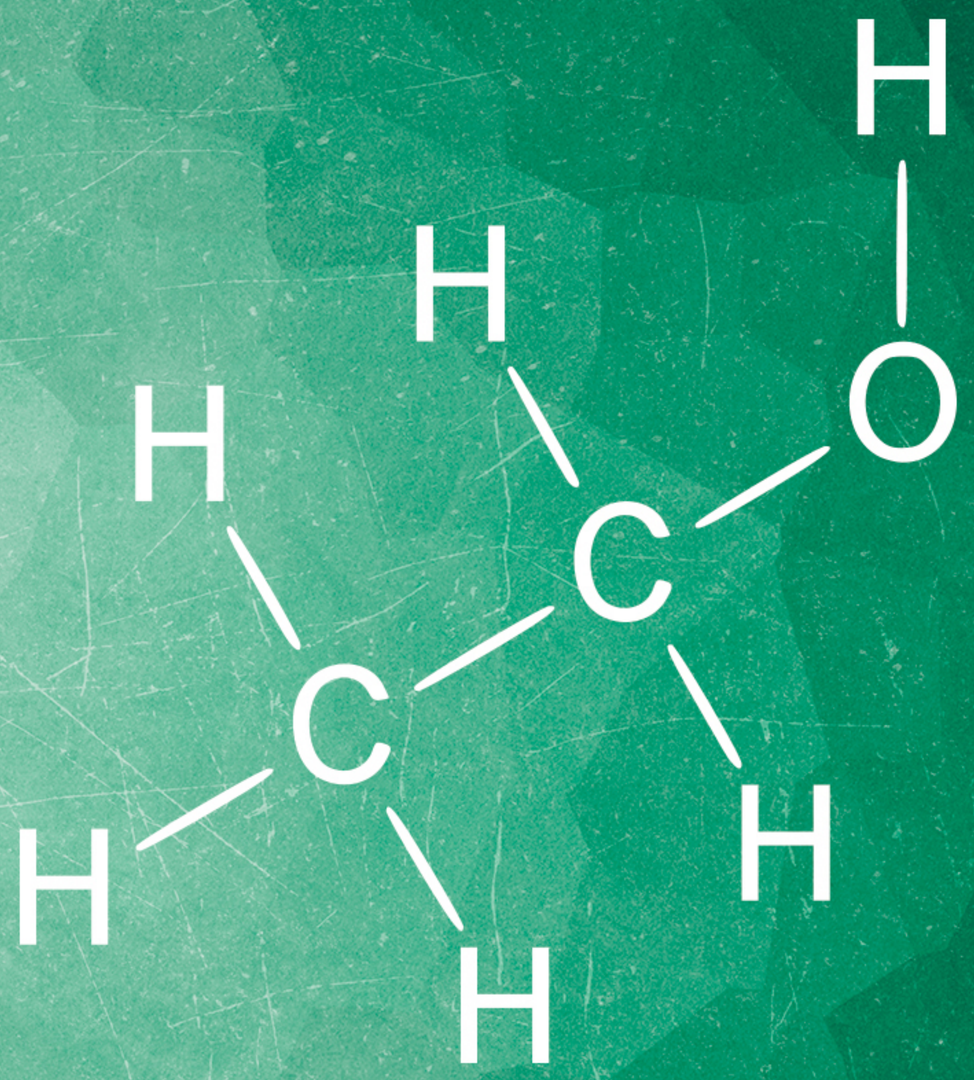
### What if somebody is having a difficult experience?

• As with all psychedelics, "set" and "setting" are extremely important. "Set" is the mental state a person brings to the experience - their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is being consumed. By making sure that a person is in a good mental state and supportive location before 2Cs are used, the risk of ‘bad trips’ can be greatly mitigated.

• Take the person to quiet surroundings where they feel comfortable.

• Find a friend who can reassure them.

• Stress to them that their panic is caused by the drug, and will wear off in a few hours, if not sooner.




# ALCOHOL

**liquor, spirits, beer, wine, booze**

## What is Alcohol

- Liquid alcohol is ethyl alcohol, or ethanol.
- Ethanol is a depressant drug.
- Alcohol is a natural product of fermenting sugars. It is usually made from grains such as hops, barley, rice and fruits, but it can also be made from other plants.
- The concentration of alcohol in drinks varies widely. Wine and beer have between 5% and 15%, while 'hard' liquor usually has up to 40%, and sometimes more.
- Alcohol is legal for consumption and sale in the United States and the minimum age to drink is 21 years on the federal level. Alcohol is not scheduled by the DEA.

## How is Alcohol used?

- Alcohol is virtually always orally consumed.

## What are the effects of Alcohol?

- Low to moderate amounts can produce feelings of relaxation, lowered inhibitions, and increased sociability.
- Larger amounts can cause dizziness, nausea, slurred speech, slower reflexes, sleepiness, impaired judgment, dehydration and a hangover the next day.
- Long term abuse can damage the liver, brain and other organs, and can result in severe mental and physical problems.

### Is Alcohol addictive?

- For some people, alcohol is addictive. Tolerance can develop and withdrawal symptoms may include nervousness, hallucinations, tremors, seizures, and death.

## What is the dosage of Alcohol?

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.

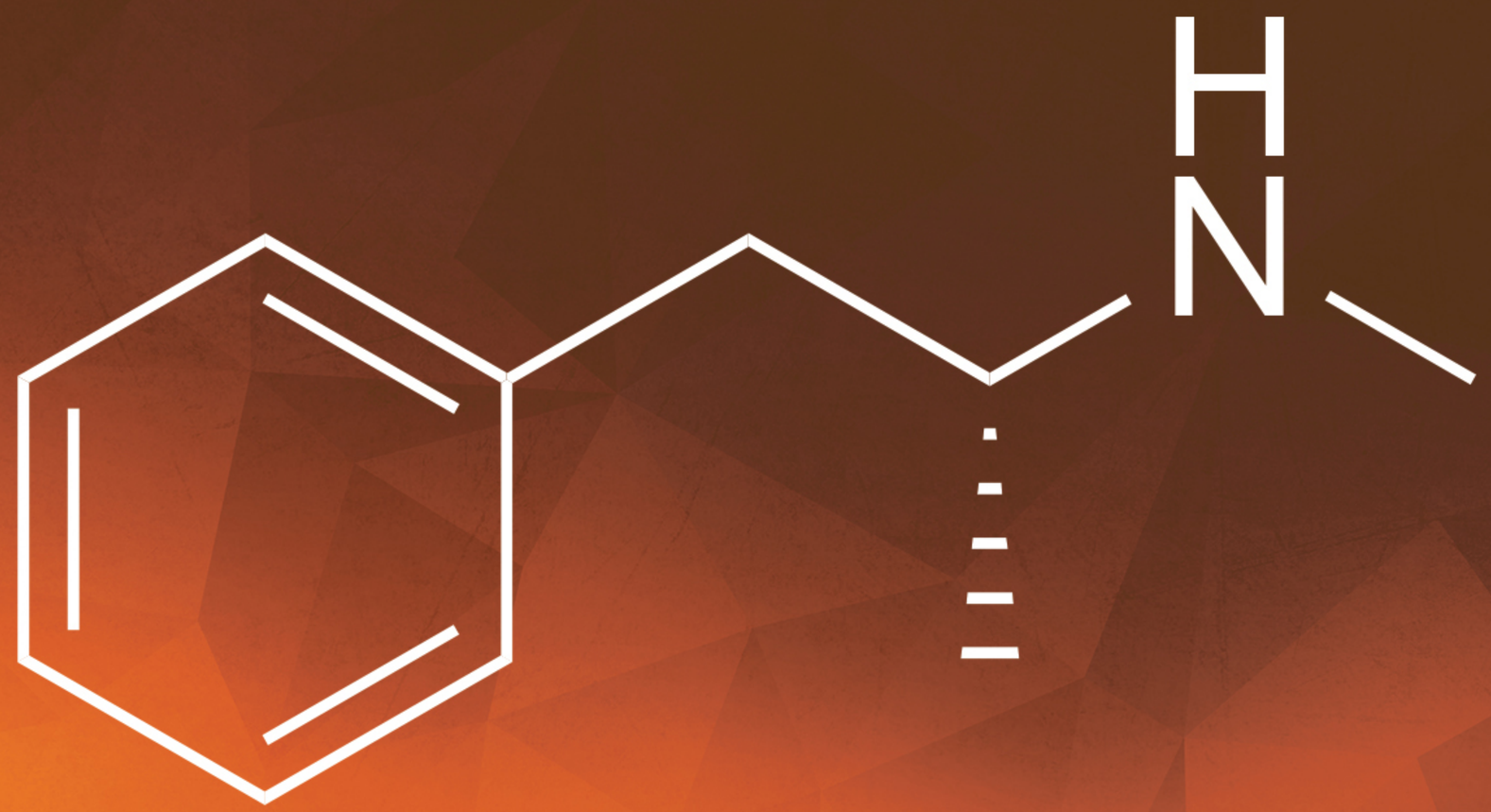
- A standard drink is defined as 12 oz. (341 ml) of beer, 5 oz (142 ml) of table wine, or 1.5 oz (85 ml) of liquor.
- Divide the proof number by two for alcohol volume on a distilled beverage.*
- The effects of alcohol depends on body weight, metabolism, tolerance from prior use, food in the stomach, and other factors.

## Harm Reduction Tips for Alcohol

- It is the amount of alcohol you drink, not the type of drink that affects you. It's lways good to know the alcohol content of whatever you are drinking.
- Know your own limits and pace yourself. A standard drink is metabolized out of your system in approximately 1.5 hours.
- "Drinking games" are especially dangerous as they can easily lead to overdoses.
- At higher altitudes, alcohol can have a much greater effect than expected.
- Alcohol impairs vision and motor coordination. Driving drunk is illegal and endangers yourself and others. Avoid driving and operating heavy machinery.
- If a woman drinks too often during pregnancy, her baby can develop fetal alcohol syndrome (FAS).
- Mixing alcohol with over-the-counter medications, prescription medications, or other drugs is dangerous and can lead to medical emergencies.
- Avoid drinking every day. Do not binge drink (more than 5 drinks in 2 hours). This can lead to a psychical dependence on alcohol and also lead to liver problems.
- Keep hydrated while drinking, as alcohol dehydrates the body. Alternating between a glass of water and an alcoholic drink throughout the night is advised.
- Eating a substantial meal before drinking can help absorb the alcohol and will mildly reduce negative effects.
- Mixing different types of alcoholic drinks can lead to increased negative effects, including dehydration and hangovers.

### What if someone overdoses?

- Overdoses can cause loss of motor control, black-outs, alcohol poisoning, temporary coma (passing out), and death.
- Avoid leaving someone to sleep it off. The amount of alcohol in someone's blood continues to rise even when they're not drinking.
- Giving them coffee or other stimulants is not advised. Stimulants may further dehydrate the body. Severe dehydration can cause permanent brain damage.
- Alcohol lowers your body temperature, which could lead to hypothermia. A cold shower could make them colder than they already are. Keep them warm.
- Try to keep them awake and sitting up or lie them on their side in the recovery position if they've passed out, and check they're breathing properly.
- Give them some water, if they can drink it.
- Stay with them and monitor their vitals.



# AMPHETAMINES

**adderall, dexedrine, vyvanse, methamphetamine** **speed, ice, crystal, tina**

## What are Amphetamines?

- Amphetamine and methamphetamine are two similar central nervous stimulants of the phenethylamine family. Pharmaceutical amphetamine is a strong physical and mental stimulant available in prescription form.
- Amphetamine was first synthesized in 1887, and methamphetamine in 1893 and made available to treat narcolepsy and ADHD (attention deficit hyperactivity disorder) in the late 1930s. Amphetamines have been used by the military, pilots, truck drivers, and students in order to function past their normal limits.
- Common ADHD medications include Dexedrine, Adderall, Vyvanse, Ritalin and Concerta (methylphenidate). Amphetamines have also been called speed or dex.
- Amphetamines are a Schedule II drug, which means that it is illegal to sell, purchase or possess them without a prescription.

## How are Amphetamines used?

- Amphetamines can be swallowed, snorted, smoked, or injected.
- Swallowing is the most common method of using amphetamine. The effects come on gradually and last longer than with other methods.
- Snorting takes effect faster than swallowing but can it damage the nose.
- Smoking takes effect immediately and can more easily lead to addiction.
- Injecting is the method of using that most likely to lead to medical complications.

### What are the risks of injecting?

- The dose reaches the brain almost immediately, increasing the possibility of overdose.
- Impurities are introduced directly into the bloodstream and can cause septicemia and other infections.
- Repeated injections damage the veins, leading to thrombosis and abscesses.
- Sharing syringes can spread hepatitis and HIV, the virus that can cause AIDS.

## What are the effects of Amphetamines?

- Amphetamines produce alertness, increase in levels of energy, and stamina.
- Time released amphetamine tablets have a duration of up to 8 hours. Duration of effects can last up to 10 hours depending on dose and ROA.
- Increased doses can result in negative effects such as malnutrition and vitamin deficiencies, skin disorders, ulcers, lack of sleep, weight loss, depression, false sense of self-confidence, and possible brain damage.
- Both long term and infrequent users of speed report increased aggressiveness, paranoia, headache, increased heart rate and a rise in body temperature.
- Severe depression can occur from high or prolonged length of amphetamine use.
- Although rare, amphetamines can cause seizures, heart attacks, strokes, and death from overdose.

### Are Amphetamines addictive?

- Use of amphetamines can be habit forming and could cause psychological dependence. Regular use can produce a need to increase the dose to get the same effect, and can lead to physical dependence on the drug.

## What is the dosage of Amphetamine?

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.

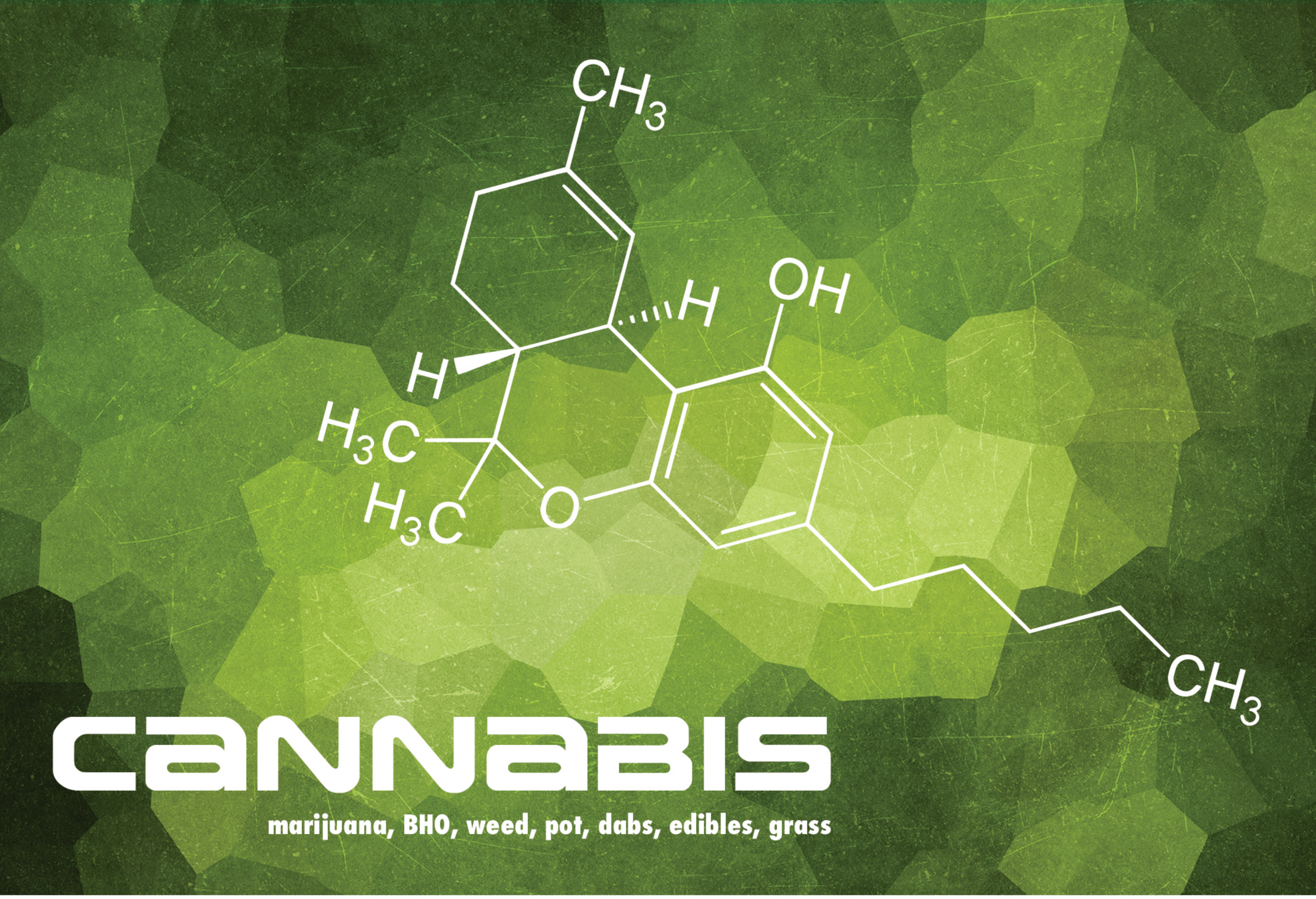
- Reagent test results for Methamphetamine, a common amphetamine and adulterant:

| Marquis | Mecke | Mandelin |
|---|---|---|

- Oral doses of amphetamine range from 5 mg to 60 mg.
- As with all black market drugs, the strength of "street" meth/amphetamine can vary widely. For methamphetamine oral doses range from 5mg to 150mg. Insufflated (snorted), smoked and injected doses all range from 5mg to 50mg. Amphetamine in the United States is almost always seen in pre-made pills ranging from 5mg to 30mg.

## Harm Reduction Tips for Amphetamines

- Combining amphetamines with other stimulants and/or anti-depressants can be very dangerous.
- Many methamphetamine users become physically run down, which leaves them susceptible to a wide range of illnesses. Extended use of can cause psychosis.
- Methamphetamine users are at higher HIV and Hepatitis risk through unsafe sex and needle sharing.
- Clean needles are available from needle exchange programs.
- "Counterfeit" pharmaceutical amphetamines, which are pressed to look like prescription drugs, can actually be a combination of various drugs, including a-pvp, fluorobutryl fentanyl, and methamphetamine




# CANNABIS

**marijuana, BHO, weed, pot, dabs, edibles, grass**

## What is Cannabis?

- Cannabis is a plant that produces cannabinoid chemicals.
- Cannabis contains two major psychoactive compounds, Tetrahydrocannabinol (THC) and Cannabidiol (CBD), and at least 60 minor related chemicals.
- Various concentrates of Marijuana are manufactured, including hash (compressed dry resin glands), oil (a resinous mixture of cannabinoids obtained from the plant by solvent extraction) and kief (the uncompressed dry resin glands).
- Cannabis is used medicinally to treat the symptoms of a number of diseases such as cancer, glaucoma, and AIDS.
- Hash oil is known to assist in the treatment of brain tumors, arthritis and gastrointestinal reflux. In addition, it also is a powerful antioxidant and anti-carcinogen.
- Cannabis is illegal under federal law in the United States and listed as a Schedule I substance. The use of both recreational and medicinal cannabis has been legalized on the state level in Alaska, California, Colorado, Maine, Massachusetts, Nevada, Oregon, and Washington.

## How is Cannabis used?

- Cannabis cannabinoid chemicals are usually smoked, although they can be eaten.
- In any of its forms, cannabis can be orally consumed either raw or after being mixed with lipids (like milk or butter) or ethanol (alcohol).
- Often people will cook with the leaves of the plant rather than the buds.
- Joints are the most common method of smoking, but a wide range of pipes, bongs, hookahs, and devices are also used.
- Smoking anything, including cannabis, can damage the lungs, throat, and mouth.

## What are the effects of Cannabis?

- In small quantities, many users find cannabis both relaxing and stimulating.
- Users report that their senses are enhanced.
- Cannabis use, in any form, increases appetite.
- In larger quantities, with stronger strains or concentrates, or orally consumed, the effects may feel similar to a psychedelic drug. Users may experience nausea, mild hallucinations, anxiety, or paranoia.
- Cannabis tends to cause an increase in heart rate, reddening of the eyes, and dryness in the mouth.

## Is Cannabis addictive?

- While some people use cannabis regularly, cannabis does not create a physical dependence and users do not experience withdrawal symptoms.
- The "Gateway Theory" has been empirically researched and has concluded that cannabis use does not cause a person to use other drugs.

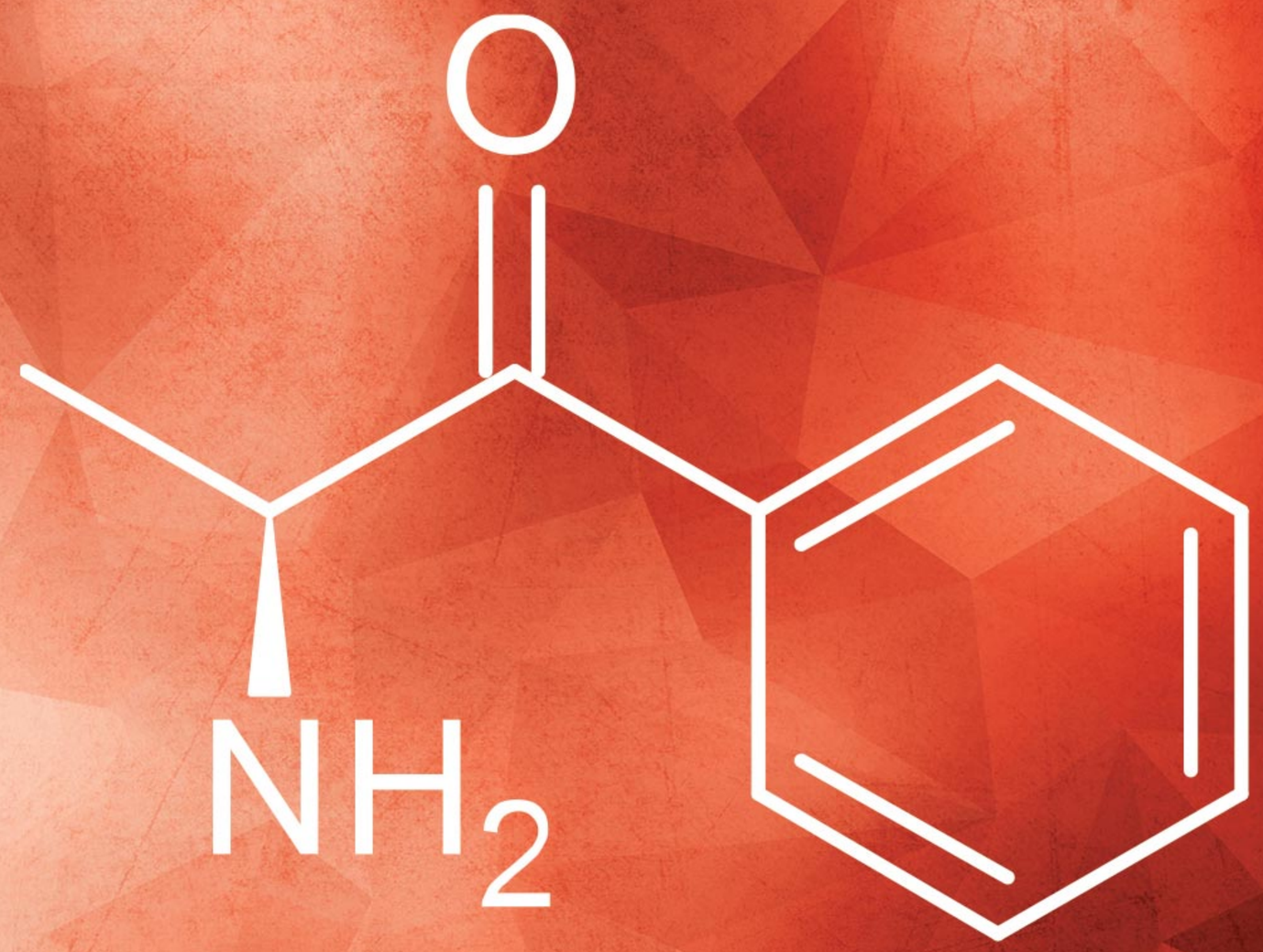
## What is the dosage of Cannabis?

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.

- As with all "natural" drugs, dosage can vary significantly from one plant to another (or even one part of the plant to another). In states where Marijuana is legal, standardized oil cartridges (with a known amount of THC and CBD per milliliter) are now available, allowing for known dosage for the first time.
- For smoked "buds", doses range from 1/30th of a gram to 1/16th of a gram, depending on potency and tolerance.
- For concentrates such as hash or oil, a dose can be less than a 10th of even high potency marijuana buds. A normal dose of high quality oil is less than 1/10th of a gram.
- With oral consumption, doses of pure THC range from 2mg - 50mg, or roughly the same as for ‘smoked’ cannabis.

## Harm Reduction Tips for Cannabis

- Vaporizers reduce the impact on the lungs when compared to smoking cannabis.
- Because oral consumption of marijuana can take over an hour to become noticeable, it is extremely common for users to consume additional doses before the first begins to take effect, leading to a much more intense experience than was desired.
- Some people feel uncomfortable, nauseous, or paranoid after using cannabis.
- Cannabis slows down reaction time and impairs driving.
- Even in states where cannabis is now legal, federal law can still be used to prosecute those who use, buy, sell or grow cannabis.




# CATHINONES

**methylone, butylone, ethylone, mephedrone, mdpv  bk, cat, meow meow, bath salts**

## What are Cathinones?

- Cathinones are a family of drugs that belong to the psychedelic phenethylamine family.
- Cathinones are often sold online under various "trade names", including Explosion and Ease. MDPV was commonly sold as "bath salts" over the counter.
- MDPV ("bath salts") is not designed to be used in your bath water.
- Many cathinones are a Schedule I controlled substance in the United States.

## How are Cathinones used?

- Cathinones are almost always consumed orally or by insufflation (snorting). They can also be consumed by smoking, via rectal insertion, and intravenously.
- Snorting and injecting anything increase your risk for HIV and Hep C transmission, therefore users should never share straws, spoons, or needles.

## What are the effects of Cathinones?

- Cathinone users report an introspection of feelings and emotions. In addition, many people report an increase in sexual libido and willingness to explore partners intimate side of things.
- Negative effects include nausea, vomiting, gastrointestinal discomfort, paranoia, fear, over-awareness and over-sensitization to music and noise, and muscle tension. Negative side effects can increase with higher doses.
- Cathinones such as MDPV commonly decreases awareness of the need for food and sleep.
- At higher doses of some cathinones (or with repeat use) many users notice disturbed sleep patterns, involuntary twitching in the eyes, head and neck, muscle tension in the extremities and elevated heart rate.
- Hallucinations and psychotic behavior have been reported with the extended use.
- Cathinone use may lead to violence, homicidal combative behavior, self-mutilation, coma, and death

## Are Cathinones addictive?

- Cathinones like MDPV can be highly addictive. Regular use can result in physical dependency with long-lasting withdrawal symptoms.
- Many users notice a desire to re-use cathinones like MDPV as the effects wear off.
- Repeated use and high doses can lead rapidly to symptoms characteristic of amphetamine psychosis.

## What is the dosage of Cathinones?

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. Because reagent testing cannot differentiate the cathinones from each other, dosage car vary widely from one sample to the next.

- Oral dose ranges from 60mg - 250mg and common amounts used fall within 100mg - 250mg.
- Insufflated dose ranges from 30mg - 100 mg. The dose of MDPV as a powder is between 2mg and 25mg orally, and between 1mg and 10mg insufflated.
- When sold under brand names, cathinones are often in pre-measured packages. The actual amount of the drug in these packages is rarely provided by the manufacturer, making knowing an accurate dose almost impossible.

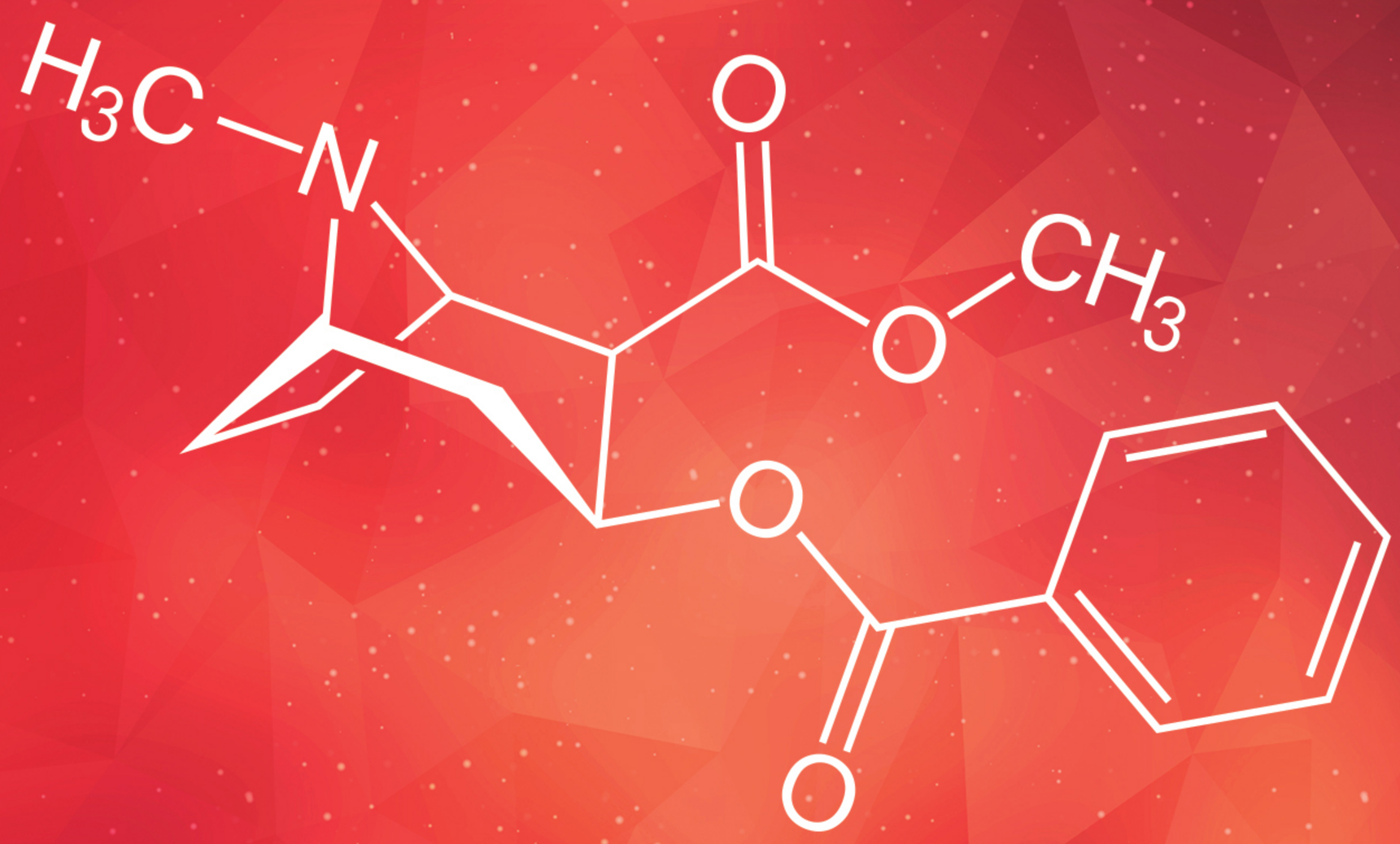
## Harm Reduction Tips for Cathinones

These are newer substances with a limited history of human use. The full range or risks for these substances are currently unknown.

- Reagent color reactions for N-Ethylpentylone, a common cathinone and adulterant:

Marquis  Mecke  Mandelin

- Starting with a small amount before deciding to take more can prevent having an overwhelming experience, and minimize the chance of overdosing.
- If compulsive re-dosing occurs, let others know what you are using, and how often.
- A drug test might show positive results for PCP with MDPV in your system.
- Using stimulants with other stimulants can result in over-stimulation and potentially dangerous increases in blood pressure, heart rate/rhythm, and core temperature.
- The combined effects of stimulants and depressants often results some of the effects from one or more drug being reduced in either perceived or actual severity.
- Due to issues of adulteration, misrepresentation, and lack of research--which are a common problem with novel psychoactive substances, take extra care when considering using these substances.
- As with all substances, "set" and "setting" are extremely important. By making sure that a person is in a good mental state and supportive location before cathinones are used, the risk of bad experiences can be greatly mitigated.



# COCAINE

coke, crack, blow, yayo, snow, white lady

## What is Cocaine?

- Cocaine hydrochloride is a stimulant derived from the leaves of the coca plant, which grows mainly in South America. It known for popularity in powdered and freebase (crack) forms.
- Cocaine was historically useful as a topical anesthetic in eye and nasal surgery, but has since been largely replaced in by synthetic local anesthetics such as benzocaine, lidocaine, and tetracaine.
- “Crack” is made by chemically altering cocaine hydrochloride into freebase crystals or "rocks".
- Other names include "coke", "blow", and "snow".
- Cocaine is a Schedule 2 controlled substance and is illegal to possess, distribute, or manufacture in the United States.

## How is Cocaine used?

- The leaves of the coca plant can be chewed or made into a tea. Coca leaves are used this way legally in many countries as a mild stimulant similar to caffeine.
- Most often powder cocaine is snorted in small lines. The effects come on gradually and peak after about 15-30 minutes, with a total duration of about an hour.
- When smoked in the form of "crack", the effects come on immediately but wear off much more quickly.
- When injected, the effects are felt immediately and much more intensely.
- Repeated snorting can damage the membranes of the nose.
- Snorting and injecting anything increase your risk for HIV and Hep C transmission, therefore users should never share straws, spoons, or needles.

## What are the effects of Cocaine?

- Cocaine is a stimulant drug like amphetamine, but much shorter acting.
- Cocaine causes a sudden increase in heart rate, blood pressure, body temperature and breathing rate.
- Cocaine also leads to feelings of confidence, alertness, and euphoria.
- Use of any stimulant drug can lead to sleep deprivation and insomnia, which may contribute to impairment in cognition, mood, and memory.
- The after-effects can include depression, agitation, anxiety, and paranoia, and these effects can last for hours or days.
- The intensity of these effects depend on how much and how often cocaine is used and are more intense when cocaine is smoked.
- High or frequent doses have caused seizures, strokes, or heart attacks in some people.

### Is Cocaine addictive?

- Cocaine can be highly addictive. Regular use can result in physical dependency with long-lasting withdrawal symptoms.
- Many users become compulsive in their use of cocaine, which can lead to physical or psychological addiction.

## What is the dosage of Cocaine?

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 typical snorted dose is between 30mg - 70mg.
- A typical smoked dose of crack cocaine is between 15mg - 50mg
- Frequent users develop drug tolerance and tend to use more.

## Harm Reduction Tips for Cocaine

- Reagent color reactions for cocaine are depicted below:

| Marquis | Mecke | Mandelin | Scott |
|---|---|---|---|

- Drinking alcohol while using cocaine substantially increases the risk of heart and liver problems.
- Cocaine and crack are very short-acting. This can lead to individuals using too much or too often. If compulsive re-dosing occurs, let others know what you are using, and how often.
- Due to issues of adulteration and misrepresentation--which are a common problem with illicit substances, take extra care when considering using these substances.
- Using stimulants with other stimulants can result in over-stimulation and potentially dangerous increases in blood pressure, heart rate/rhythm, and core temperature.
- The combined effects of stimulants and depressants often results some of the effects from one or more drug being reduced in either perceived or actual severity.
- Over 80 percent of all US cocaine is cut with levamisole (a dewormer for humans and animals), which causes a severe immune disorder in some regular users. Levamisole can be more reliably detected with the Liebermann reagent. Symptoms can include dark skin spots around extremities and respiratory infections.

# DMT

**Dimitri**

## What is DMT?

• DMT, or N,N-dimethyltryptamine, is a hallucinogen found naturally in the human body and many plants. It is the active ingredient of Ayahuasca, the South American entheogenic brew known for spiritual divination.

• DMT is used in South America and the Caribbean by rural natives for hunting rituals.

• DMT free-base is a crystalline material, usually with an orange-pink tint, and a mothball odor.

## How is DMT used?

• Most people smoke DMT free-base, either vaporized by itself in a glass pipe, or mixed with parsley, mullein, or marijuana. Rarely, DMT is injected.

• DMT is not active orally, unless combined with Monoamine Oxidase Inhibitors (MAOIs), such as harmaline found in Ayahuasca.

## What are the effects of DMT?

• DMT is characterized by short duration and rapid onset.

• Effects are felt instantly, the sudden onset (the "rush") can be overwhelming.

• The effects peak and plateau for 3-5 minutes, and gradually drop off with a total duration of 30-45 minutes.

• Users generally report intense open and closed eye visuals, slight auditory hallucinations, a powerful 'rushing' sensation, radical changes in perspective, color-shifting, dilated pupils, and an inability to conceptualize time.

• Many users describe profound, life-changing experiences, visiting other worlds, talking with aliens, frightening and overwhelming forces, complete shifts in perception and identity followed by an abrupt return to baseline.

• Negative effects can include lung and throat irritation, stomach discomfort, urge to urinate, and intense experiences often causing overwhelming fear.

• Large and rapid blood pressure and heart rate increases are usual, and may produce a pounding pulse and chest tightness.

## What is the dosage of DMT?

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 standard dose of smoked DMT free-base is between 15 and 60 mg, but it is always best to begin with a small dose to determine your sensitivity.

## Harm Reduction Tips for DMT

• Do not smoke DMT if you have any heart or blood pressure conditions, have a personal or family history of serious mental illness, feel as if you are in emotional or psychological turmoil, or taking any medications.

• MAOIs are contraindicated with a variety of everyday foods and drugs such as soy sauce and Prozac, and can be deadly in combination. Do lots of research before taking any MAOIs.

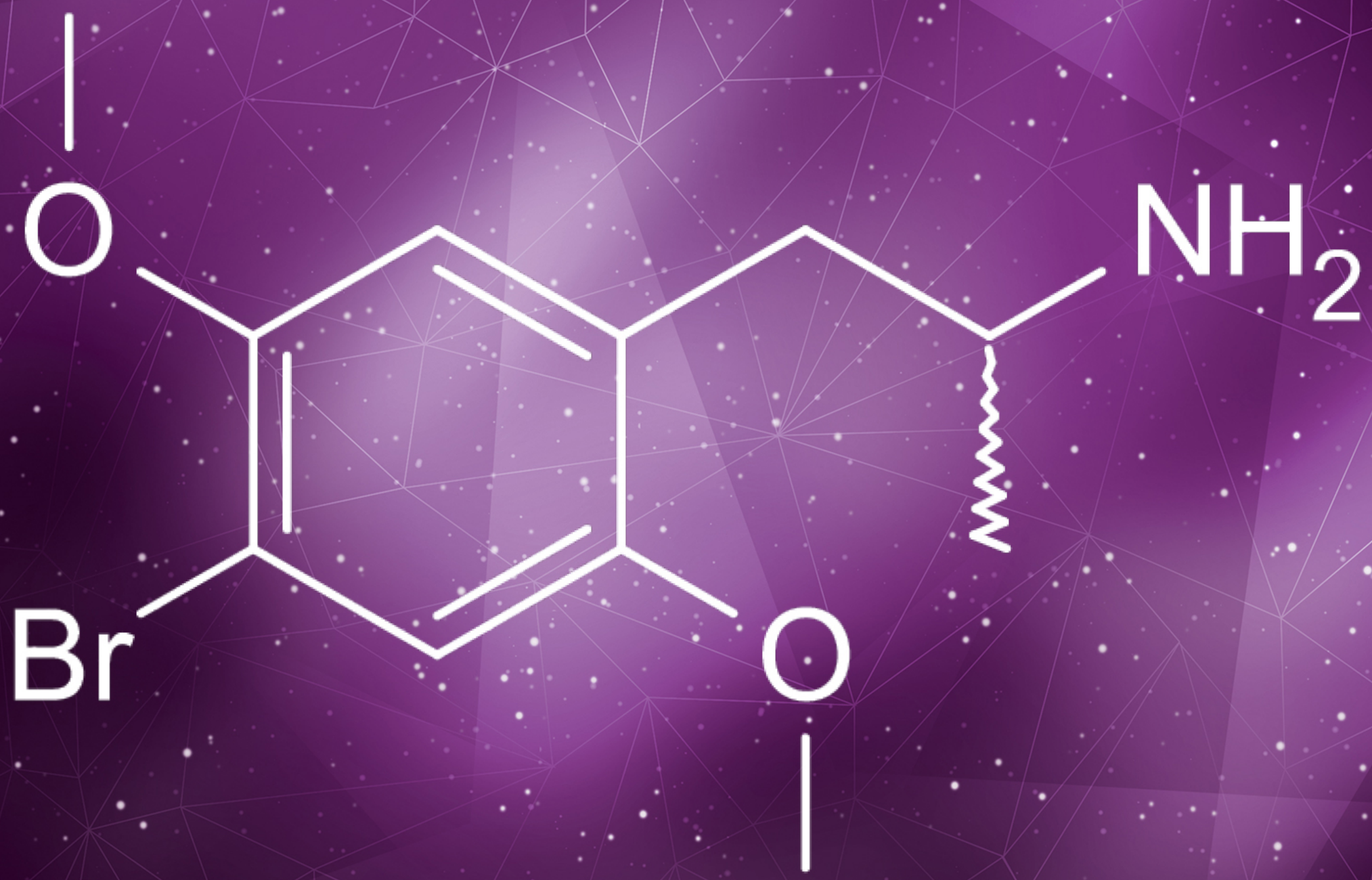
• As with all psychedelics, "set" and "setting" are extremely important. "Set" is the mental state a person brings to the experience, their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is being consumed. By making sure that a person is in a good mental state and supportive location before DMT is used, the risk of 'bad trips' can be greatly mitigated.

• Do not be fooled by the short duration! DMT is one of the most powerful psychedelics known.

• Users are advised to remain seated or lying down while smoking.

• Despite its presence in both human cerebrospinal fluid and literally tens of thousands of plant species, DMT is a Schedule 1 controlled substance and is illegal to possess, buy, distribute, or manufacture in the United States.

• Extracting DMT from an existing plant source is often prosecuted as "manufacturing a schedule 1 drug", and is punishable by extremely long prison sentences, even if it was only being extracted for personal consumption.




# DO(X)

**brolamfetamine**

## What are the DO(x)s ?

• The DO(x) drug family is a group of nearly 20 different drugs of the substituted amphetamine class.

• Despite their close relationship to amphetamine, most of these substances act as psychedelics.

• Common members of the DO(x) family include DOB, DOI, DOC and DOT.

## How are the DO(x)s used?

• In their pure form, all of the DO(x)s are a white powder, but since they are active in such small doses they are primarily sold in pre-measured liquid or blotter form.

• Because of their similarity in both experience and distribution method to LSD, they are sometimes sold to unsuspecting consumers as that substance.

## What are the effects of the DO(x)s ?

• The vast majority of the DO(x)s can be classified as extremely potent, extremely long lasting psychedelics.

• Many drugs in DO(x) family induce a 6-12 hour psychedelic experience, with after-effects that can last for 24 - 48 hours--significantly longer than most of the "classical" psychedelics.

## What is the dosage of DO(x)?

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.

• Almost all of the DO(x) drugs are sold in pre-measured doses on either blotter paper, in liquid, or in tiny pressed microdots (although these are increasingly rare).

• As a powder, the dose for many of the DO(x) chemicals is under 1mg, but can range as high as 5mg.

## Harm Reduction Tips for the DO(x)s

• Always know what you are taking. Very often DO(x) blotters are misrepresented as LSD. An Ehrlich Reagent will react with LSD, but will not react with any of the DO(x) chemicals.

• The DO(x) chemicals have often been reported to produce extreme anxiety states or panic attacks, not only while under the influence of the drug, but also for some time after (flashbacks).

• In rare instances, members of the DO(x) family have caused a long-lasting perceptual disorder known as Hallucinogen Persisting Perception Disorder (HPPD).

• The DO(x) chemicals can impair judgment. Users should not drive or operate machinery while under the influence of any of these substances.

• Many of the DO(x) chemicals can be harmful at high doses. Overdoses can cause serious vasoconstriction of the hands and feet potentially resulting in nerve damage.

• The use of any of the DO(x) chemicals can be a problem for those with (or a family history of) circulatory problems, heart ailments, glaucoma, hypertension, hepatic or renal disease, aneurysm, or stroke.

• Most of the DO(x) chemicals are illegal and possession can result in long prison terms. Supplying them to someone else (whether or not money was exchanged) carries even longer sentences.

• Even the DO(x) chemicals which are currently not scheduled could be considered "illegal" if packaged or sold for human consumption under both federal and state analog acts.

### What if somebody is having a difficult experience?

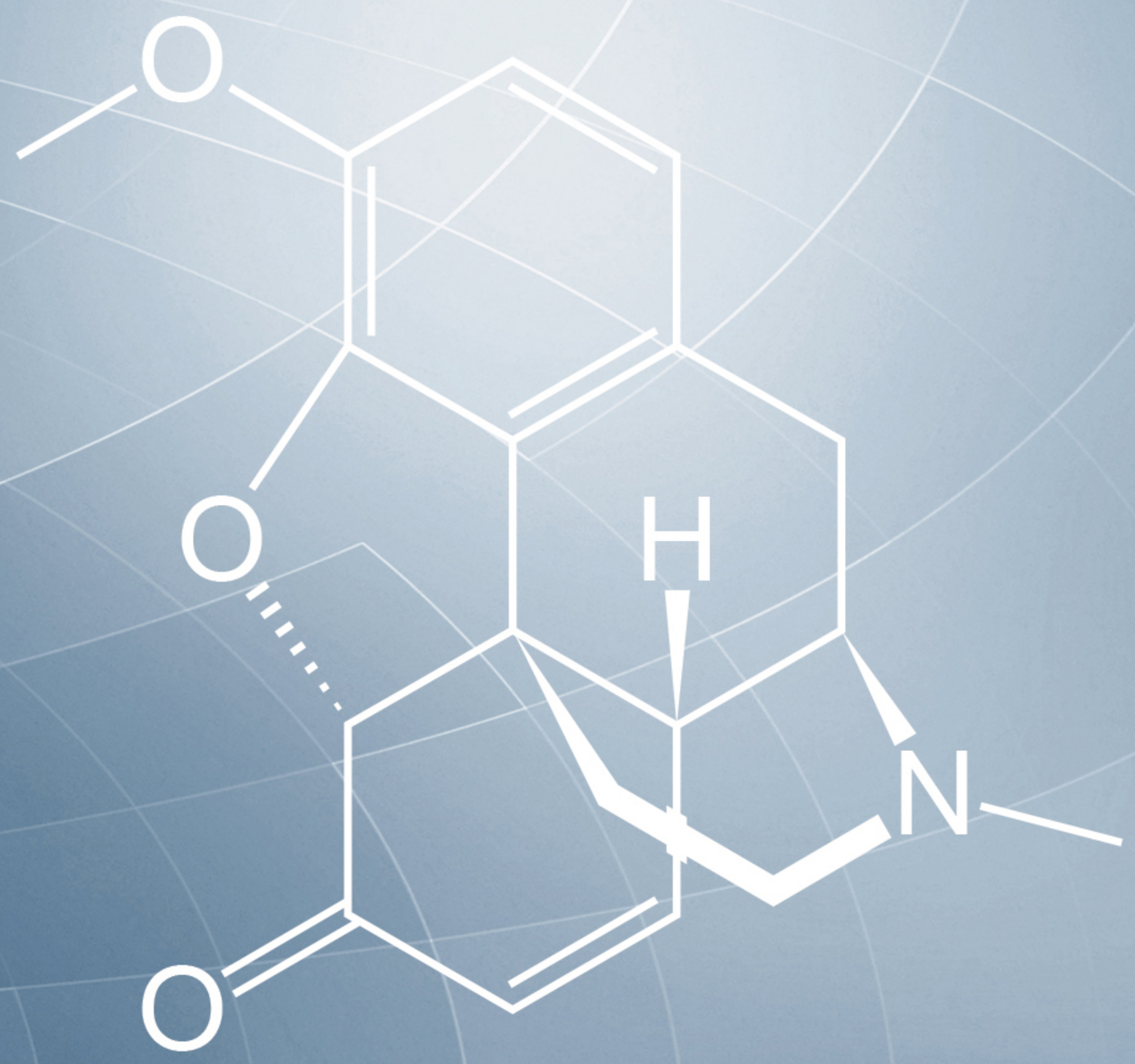
• As with all psychedelics, "set" and "setting" are extremely important. "Set" is the mental state a person brings to the experience - their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is being consumed. By making sure that a person is in a good mental state and supportive location before DO(x) is used, the risk of 'bad trips' can be greatly mitigated.

• Take the person to quiet surroundings where they feel comfortable.

• Find a friend who can reassure them.

• Stress to them that their panic is caused by the drug, and will wear off as the drug leaves their system, but with the DO(x) drugs this time can be up to a full day after consumption.

• If a person has a family history of circulatory problems, heart ailments, glaucoma, hypertension, hepatic or renal disease, aneurysm, or stroke, or if they have noticeable numbness in the extremities, seek immediate medical attention.




# DXM

robo, dm

## What is DXM?

• Dextromethorphan (DXM) is a semisynthetic opiate derivative of morphine and is also a psychedelic drug.

• DXM is often referred to as Robo Tripping or DM.

• DXM was approved for use as a cough suppressant in 1958 and subsequently became available in pill form, which then was replaced with cough syrup to "discourage recreational use."

• DXM is associated with other dissociatives such as ketamine, PCP, and nitrous.

## How is DXM used?

• DXM is usually administered orally. Although rare, pure DXM powder is occasionally insufflated (snorted).

## What are the effects of DXM?

• At low doses, DXM can be similar to alcohol and induces states of euphoria. Additional effects occur such as an increase in senses, sociability, and "creative dream-like experiences."

• At higher doses, imagination can become vividly experienced, feelings of dissociation from the body can occur, and sometimes alterations in one's consciousness.

• DXM takes about 20 minutes to 1 hour to take effect and DXM's peak occurs 1 ½ to 3 hours after initial dose. The total duration of a DXM experience is from 4 to 8 hours. Extended release DXM can last 6 to 12 hours.

## What is the dosage of DXM?

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 typical dose-unit of DXM (liquid measure, pill, capsule) ranges from 20 mg to 30 mg.

• As a warning, it is easy to miscalculate DXM dosages so check product for other dangerous active ingredients such as CPM.

## Harm Reduction Tips for DXM

• DXM can impair judgment. Driving while under the influence of DXM is dangerous.

• Combining DXM with alcohol and/or anti-depressants is dangerous and could be fatal with high doses.

• Because DXM reacts black on a marquis reagent, it is sometimes sold as MDMA in the hopes of fooling a

single use "ecstasy" test. Always use multiple reagents to test samples.

• Negative effects include nausea, stomach cramps, unpleasant gastrointestinal effects, and can be hard on your kidneys and pancreas. Reports indicate possible hangovers associated with DXM use.

• DXM is legal and a widely available over-the-counter cough suppressant.

• Regular use of DXM can produce tolerance, leading to users using higher and higher doses.

### What if somebody is having a difficult experience?

• As with all psychedelics, "set" and "setting" are extremely important. "Set" is the mental state a person brings to the experience - their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is being consumed. By making sure that a person is in a good mental state and supportive location before DXM is used, the risk of 'bad trips' or accidents/injuries can be greatly mitigated.

• Take the person to quiet surroundings where they feel comfortable.

• Find a friend who can reassure them.

• Stress to them that their panic is caused by the drug, and will wear off in a few hours, if not sooner.


# GHB, GBL & B

g, liquid ecstasy

## What is GHB, GBL and B?

• The liquid commonly referred to as "G" may be one of three (or more) chemicals:

GHB (gamma-hydroxybutyrate), originally developed as a sedative-hypnotic, or sleep aid. GBL (gamma-butyrolactone), an industrial solvent that is converted into GHB in the bloodstream. B, BD, or BDO (1,4-butanediol), an industrial chemical that is also converted into GHB when ingested.

• GHB has a distinctive salty-soapy taste. GBL and B taste more "industrial", bitter, and unpleasant.

• Undiluted GHB is syrupy. GBL is slightly thinner. B has the consistency of water. In a household freezer, B easily freezes, while GHB and GBL remain liquid.

• GHB and GBL are illegal under federal and state laws. B is banned under analogue laws in several states.

## How are GHB, GBL and B used?

• GHB, GBL, B and related drugs are almost always used orally.

## What are the effects of GHB, GBL and B?

• All three substances are central nervous system depressants and their effects are similar to alcohol, making users feel relaxed and sociable.

• At higher doses they can cause dizziness or sleepiness, nausea and vomiting, muscle spasms, and loss of consciousness during which breathing can be slowed to a dangerously low rate.

• GHB and GBL may be felt within 30 minutes, but peak effects can take up to 2 hours.

• Because B takes longer to metabolize, more time should be allowed to feel its effects and between doses.

### Are GHB, GBL, and B addictive?

• Frequent (daily) use of these substances can lead to physical addiction and can increase severity of having negative after effects. Withdrawal requires medical assistance.

## What is the dosage of GHB, GBL and B?

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.

• In their pure form, these drugs are all found as a powder, but they are almost always sold as a liquid, making dosage difficult to gauge. In powdered form, a dose of GHB ranges from a half of a gram to 4 grams.

## Harm Reduction Tips for GHB, GBL and B

• Some people dye their G blue with food coloring in order to distinguish it from regular water and help prevent accidental dosing.

• Don't drive—the effects of these drugs can come on extremely fast.

• Diluted GHB and GBL settle in the bottle and need to be shaken before use.

• GHB uncontaminated has a "salty" taste in contrast to contaminated and toxic GHB having a "chemical" taste. Always be aware of your source.

• Combining GHB, GBL, and B with alcohol or sleeping pills, tranquilizers or sedatives is dangerous, even taken several hours apart.

• Reactions to all three drugs vary depending on body weight and whether or not the user has eaten or is sleepy. Also, strength may vary greatly from one batch to the next. The right amount one time can cause an overdose another time.

• Using a measuring spoon, dropper, or syringe to accurately measure doses can reduce the risk of accidental overdose.

• IT IS EASY TO OVERDOSE WITH GHB, GBL, OR B. Always start low.

### What if someone overdoses?

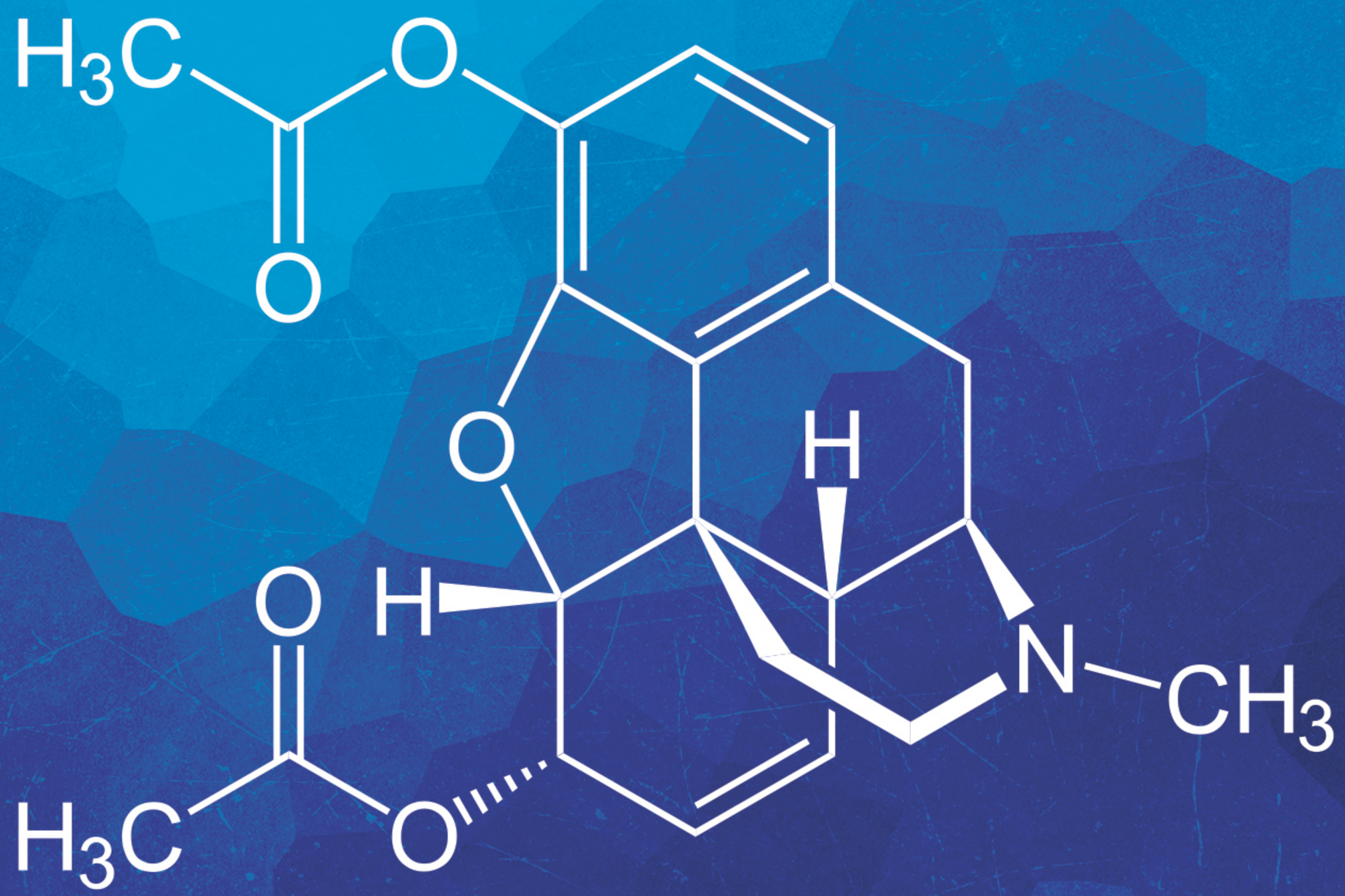
• Many overdoses have occurred from people not waiting long enough before taking more. Effects continue for about 3 hours from onset. B takes longer to feel, and its effects can last longer.

• Additional doses increase the risk of overdose—a rule of thumb is to wait two hours between doses and take 1/2 the amount of the first dose.

• If you feel dizzy or sick, get help immediately—unconsciousness can happen very fast. Sit down or lay on your side.

• If someone falls unconscious and cannot be aroused or has a seizure, call an ambulance.

• Keep persons on their side or sitting up so they don't choke if they vomit. Make sure their air passage is clear and their chin is not pressed against their chest.




# HEROIN

**diacetylmorphine, h, dope, smack**

## What is Heroin?

• Heroin ("smack", "junk", "dope", “H”) is made from the opium poppy. It belongs to a class of drugs known as opiates, along with opium and morphine.

• Heroin can come in a white or brownish powder (sometimes grainy) or a dark brown substance (sometimes sticky) known as tar.

• Heroin bought on the street almost always contains "cuts" (adulterants), and is rarely pure.

• Because Heroin has a street value of its own, it is virtually never used as a "cut" for Ecstasy pills, despite popular misconception.

## How is Heroin used?

• Heroin is snorted, smoked (chased), ingested orally or injected.

## What are the effects of Heroin?

• Heroin users often report feelings of warmth, wellbeing, euphoria, and contentment.

• Since opiates are painkillers, heroin can reduce or eliminate pain.

• Negative side effects include nausea, vomiting, constipation, itchiness, and slowed breathing.

## What is the dosage of Heroin?

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.

• An average dose of heroin can vary widely, based on purity, tolerance and ingestion method.

• Insufflated doses range from 5mg - 150mg, intravenous doses range from 5mg - 60mg, smoked doses range from 15mg - 30mg, and oral doses range from 50mg - 70mg.

## Harm Reduction Tips for Heroin

• Heroin 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.

• Addiction is a risk of heroin use, whether you are snorting, smoking, consuming orally or injecting.

• Because purity and individual tolerance vary, overdose is a significant risk.

• Sharing injection equipment runs the risk of HIV and Hepatitis infection.

• Heroin injectors also run the risk of bacterial infections.• When injected, all of the heroin enters the bloodstream at once, increasing the risk of overdose, however, snorting and smoking an also lead to an overdose.

• Heroin use can lead to unconsciousness (nodding out) and death.

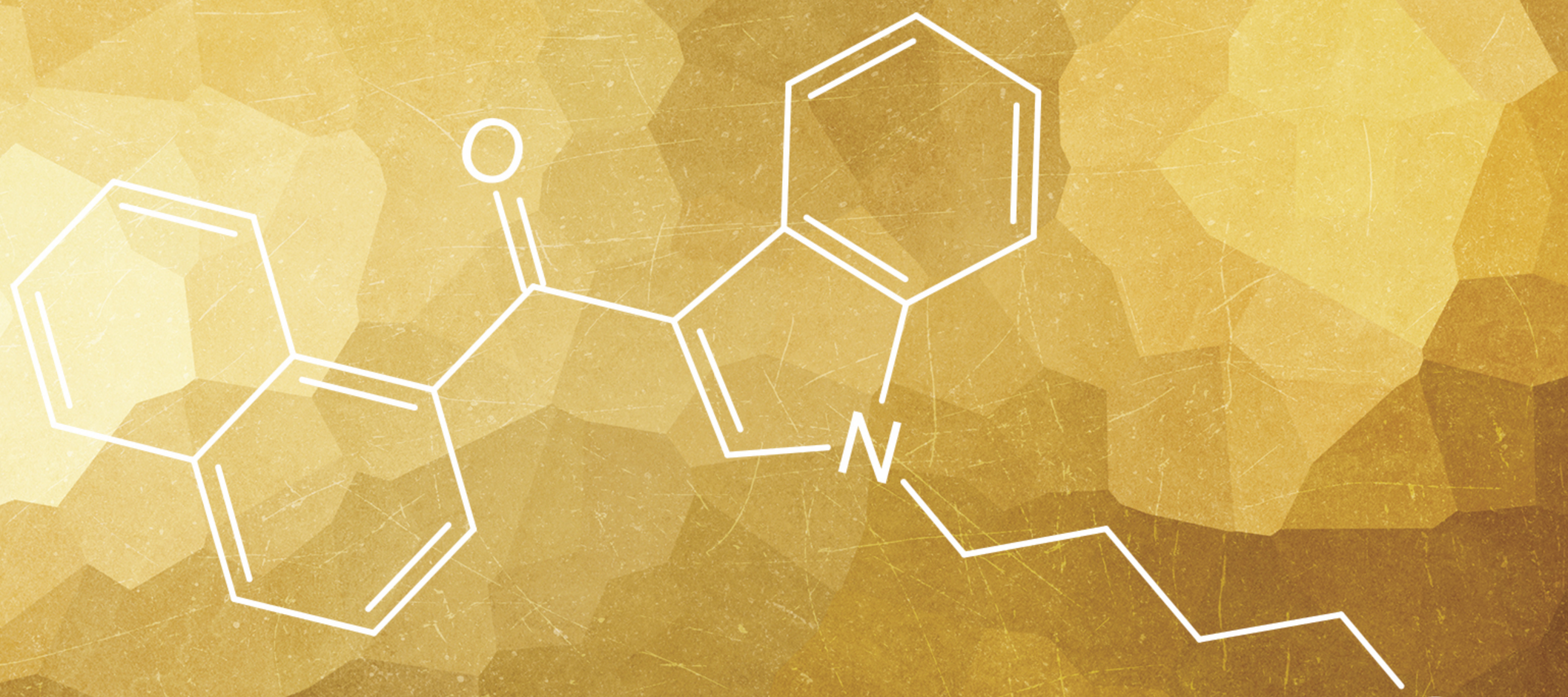
• It is possible to overdose on heroin by itself, although most drug overdoses occur when a person is using more than one substance or using after a break. To help avoid this, always test a small amount before using more.

• If someone stops breathing, has no pulse, or turns blue call 911 immediately. Tell the 911 operator- "Someone has stopped breathing" and begin artificial breathing. Because there are antidotes to opiate overdoses, when the paramedics arrive tell them exactly what the person used.

• It is important to use a sterile syringe and clean injecting equipment. Use clean water when preparing to inject, and a clean surface to prepare your shot on. Clean the injection site with an alcohol pad or antibacterial soap. Never share needles, cookers, cotton filters, water, or alcohol pads.

• Clean injection supplies can be obtained from a Syringe Exchange Program and sometimes at a pharmacy. Information is available from your local health department, AIDS prevention program, or DSUSA@DanceSafe.org.

• Possession and sale of heroin are illegal and can lead to significant jail sentences.




# JWH

spice, k2

## What is JWH?

- The JWH synthetic cannabinoids are chemicals added to herb-based smoking alternatives to cannabis.
- The JWH family is classified as a cannabinoid agonist.
- Beginning in 1984, Huffman and his team began developing cannabinoid compounds to aid in research of multiple sclerosis, HIV/AIDS, and chemotherapy. 450 synthetic cannabinoid compounds were developed and used for testing.
- In the late 2000s, JWH compounds began being sold as cannabis alternatives such as "K2", "Spice", and "Herbal Incense".
- Many of the JWH chemicals were legal, but most are now schedule I.

## How is JWH used?

- JWH comes as a powder, spray, or can be dissolved in solvents.
- JWH typically is smoked, although occasionally the pure powder is insufflated.

## What are the effects of JWH?

- Users report experiencing visuals and feeling similar to an acid (LSD) trip, relaxation, and sedation. In addition, JWH users report feeling out of their body.
- Onset of effects vary from 10 to 30 minutes and many have a duration of 3 to 4 hours.
- Negative effects include a mild headache when coming down.
- There have been sporadic reports of seizures and permanent neurological impairment from first time JWH use.

### Is JWH addictive?

- As with other synthetic cannibanoids, chronic use of JWH can be considered moderately addictive with a high potential for abuse. Psychological dependence can occur among certain users.
- If addiction has developed, cravings and withdrawal effects may occur when a person suddenly stops their usage.

## What is the dosage of JWH?

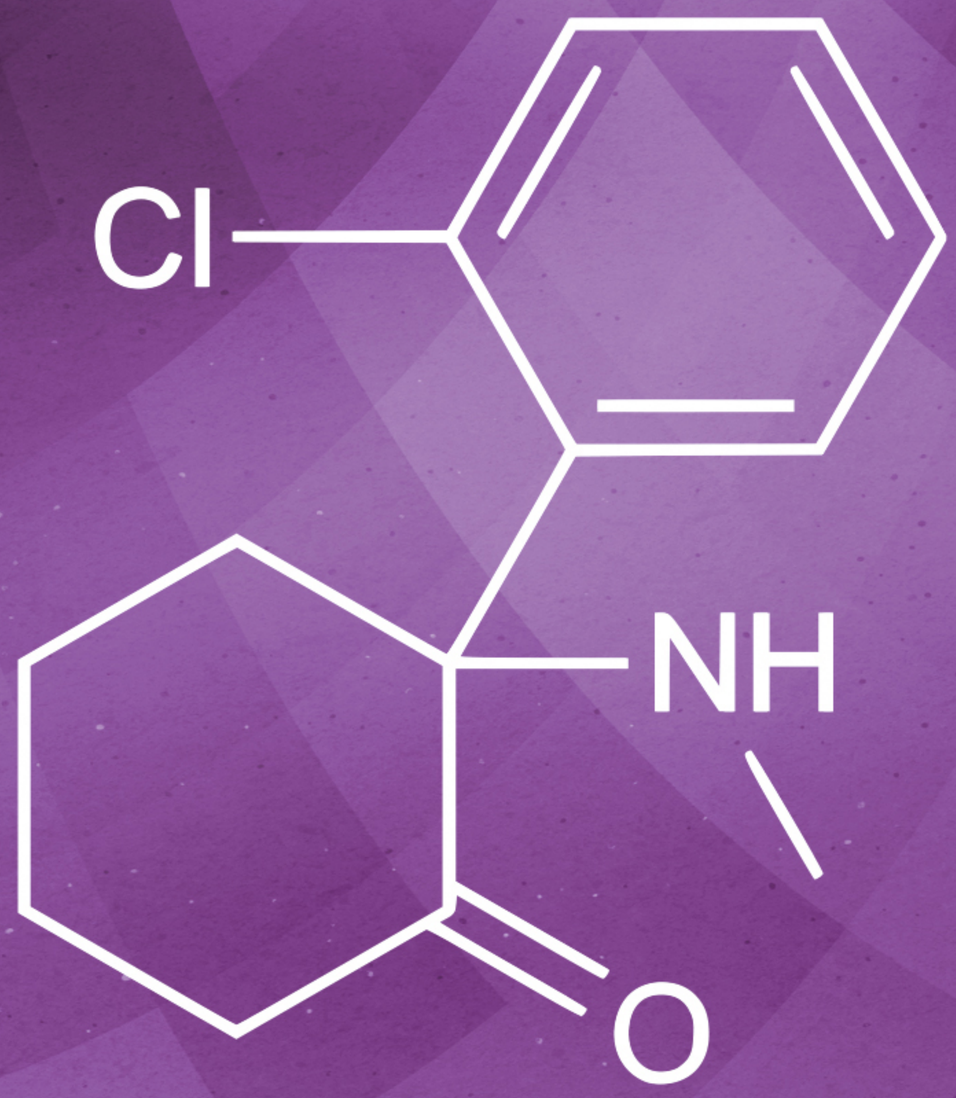
Every individual reacts differently to every chemical. This information is intended to describe the range of dosages others report using and it should not be construed as a recommendation of any sort. Individuals can respond very differently to the same dosage. What is safe for one can be deadly for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

- A typical dose of JWH is reported in the range of 1 mg to 10 mg.
- Because the concentration of JWH in a smoking blend is unknown (and often it is unevenly applied) a true dose is impossible to gauge.

## Harm Reduction Tips for JWH

These are newer substances with a limited history of human use. The full range or risks for these substances are currently unknown.

- Standard reagent test results for JWH compounds and other common synthetic cannabinoids are not confirmed, however have been found being misrepresented as MDMA or other novel psychoactive substances through GCMS lab analysis.
- Starting with a small amount before deciding to take more can prevent having an overwhelming experience, and minimize the chance of overdosing.
- Using JWH with other drugs has been reported to cause negative emotions, muscle tension, vomiting, "bad trip", headaches.
- Due to issues of adulteration, misrepresentation, and lack of research--which are a common problem with novel psychoactive substances, take extra care when considering using these substances.
- As with all substances, "set" and "setting" are extremely important. "Set" is the mental state a person brings to the experience, their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is being consumed. By making sure that a person is in a good mental state and supportive location before JWH is used, the risk of bad experiences can be greatly mitigated.




# KETAMINE

**k, special k, vitamin k**

## What is Ketamine

- Ketamine belongs to a class of drugs called "dissociative anesthetics", which separate perception from sensation. Other drugs in this category include PCP, DXM and nitrous oxide.
- Ketamine hydrochloride was originally created for use as a human anesthetic, and is still used as a general anesthetic for children, persons of poor health, and by veterinarians.
- Other names include "K", "Special K", and "kitty".
- Ketamine is a Schedule 3 controlled substance.

## How is Ketamine used?

- Ketamine is usually cooked into a white powder for snorting or oral consumption, but in it's liquid form is also occasionally injected into muscle, never into a vein.
- When injected, the effects are felt immediately and much more intensely.
- Snorting and injecting anything increase your risk for HIV and Hep C transmission, therefore users should never share straws, spoons, or needles.

## What are the effects of Ketamine?

- At lower doses it has a mild, trance-like feeling similar to nitrous oxide. Users often report an 'out of body' experinece. Numbness in the extremities is also common.
- Higher doses produce a hallucinogenic or dissociative effects, and may cause the user to feel very far away from their body.
- This experience is often referred to as entering a "K-hole" and has been compared to a near death experience with sensations of rising above one's body. Many users find the experience spiritually significant, while others find it frightening.
- While in a K-hole it is very difficult to move. People usually remain seated or lying down during the experience.
- The duration of Ketamine effects depends on the route of administration: injecting 45 minutes, snorting 60 minutes, and orally 2 hours.
- Some people become nauseous after taking ketamine.
- While low doses of ketamine can increase heart-rate, at higher doses it depresses consciousness and breathing and is extremely dangerous to combine with downers like alcohol, Valium or GHB.
- Frequent use can cause disruptions in consciousness and lead to neuroses or other mental disorders.

## Is Ketamine addictive?

- Ketamine can cause a tremendous psychological dependence. There are many documented cases of ketamine addiction.

## What is the dosage of Ketamine?

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.

- Most people snort small lines or "bumps". The effect comes on within 5 to 10 minutes.
- 100mg is usually enough to enter a dissociative state (a "K-hole").
- If liquid is injected into the muscle, effects can be felt within four minutes.
- If swallowed, the effects come on in 10 - 20 minutes.

## Harm Reduction Tips for Ketamine

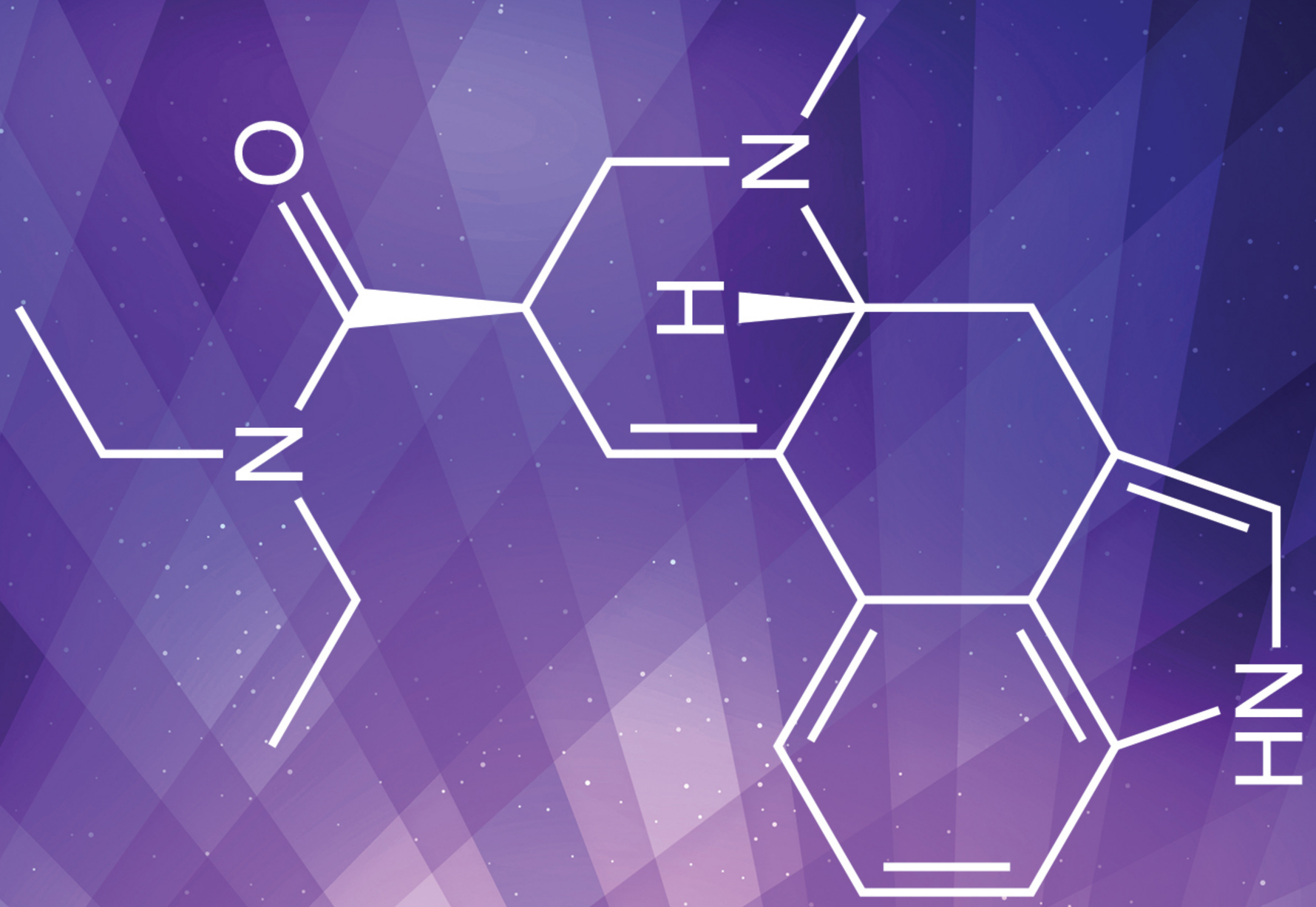
- Ketamine has been sold in a tablet or capsule as "ecstasy" or "molly", although it is nothing like MDMA. Reagent color reactions for ketamine are depicted below:

| Marquis | Mecke | Mandelin |
|---|---|---|

- Mixing with alcohol can cause vertigo, nausea, and a rapid spinning feeling.
- Individuals have died after injecting or snorting large amounts of ketamine and falling forward on to a pillow or bag causing asphyxiation. Never use Ketamine without a sober sitter.
- A recovery position should be applied in cases when someone is unconscious and are having a difficult with breathing or choking.
- Many people have injured themselves by falling over after Ketamine use.

### What if somebody is having a difficult experience?

- As with all psychedelics, "set" and "setting" are extremely important. "Set" is the mental state a person brings to the experience - their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is being consumed. By making sure that a person is in a good mental state and supportive location before Ketamine is used, the risk of 'bad trips' or accidents/injuries can be greatly mitigated.
- Take the person to quiet surroundings where they feel comfortable.




# LSD

acid, L, doses, lucy, cid

## What is LSD?

- Lysergic Acid Diethylamide (LSD) is a hallucinogenic or psychedelic drug.
- LSD is often referred to as "Acid" or "Doses".
- Although first discovered in 1938, LSD was not used intentionally until April 19th, 1943.
- LSD has been studied as an aid for psychiatric therapy, easing end-of-life anxiety, treating alcoholism and for the treatment of both chronic pain and cluster headaches.

## How is LSD used?

- It is usually found absorbed into tiny pieces of paper called "blotter," but is sometimes found as a pure liquid or absorbed into a sugar cube. It is almost always swallowed.
- Although LSD is a crystal, it is almost never seen in this form. A single gram of crystal LSD contains 10,000 100 microgram doses.
- There are now many other drugs that can fit onto a piece of blotter, and many are often sold as "LSD".

## What are the effects of LSD?

- The LSD experience is usually described as a "trip" because it is like a journey to another place. This experience may be broken up into four 'phases':

1. The Onset - Approximately 30 minutes after being taken, colors appear sharper, moving objects leave "trails" behind them and flat surfaces may appear to "breathe."
2. The Plateau - Over the second hour, the effects become more intense. Imaginary visions can appear from nowhere--from shapes in smoke, to lines on the palms of the hand.
3. The Peak - Time is slowed almost to a standstill. Users may feel like they are in a different world, or a movie. For some this is profound and mystical, but it can be very frightening for others.
4. The Comedown - 5 or 6 hours after taking the drug the sensations begin to subside. After 8 hours, the trip is usually over, although residual effects may last until after sleep.

## What is the dosage of LSD?

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 typical dose of LSD is between 25-500 micrograms (less than 1/10th the mass of a single grain of sand). Usually LSD is sold as pre-measured doses, either on blotter paper, or other absorbent surfaces. Because of this, knowing the amount of actual LSD in a single dose is essentially impossible.

## Harm Reduction Tips for LSD

- There are many, many research chemicals sold as "LSD" in blotter and liquid form. Pure LSD is nearly tasteless and colorless, while many (but not all) research chemicals misrepresented as LSD, such as members of the NBOMe family, have a noticeably bitter taste.
- Some of the substances misrepresented as LSD have a theoretically lethal dose of less than ten standard doses, making it extremely important to be careful when taking a potentially unknown substance.
- The difference between with a blotter that has LSD and NBOMe can be determined by taste with an LSD blotter having either tasteless or mild "metallic" flavor and most members of the NBOMe family having a bitter taste.
- The ehrlich reagent can identify indoles, and the vast majority of research chemicals sold as LSD will not react with this reagent, although there are reports of dealers adding an inactive indole to blotter to ‘trick’ the ehrlich’s reagent.
- LSD can trigger underlying mental problems and produce delusions, paranoia and schizophrenia-like symptoms.
- LSD can also produce extreme anxiety states or panic attacks, not only while under the influence of the drug, but for some time after (flashbacks). However, flashbacks rarely occur with LSD use and have been known to be caused by other non-drug related experiences.
- In rare instances, LSD has caused a long-lasting perceptual disorder known as Hallucinogen Persisting Perception Disorder (HPPD). HPPD is not solely caused by LSD use and can be triggered with the use of other substances.*
- LSD can impair judgment. Users should not drive or operate machinery while under the influence of LSD.
- LSD is illegal and possession can result in long prison terms. Supplying LSD to someone else (whether or not money was exchanged) carries even longer sentences.

### What if somebody is having a difficult experience?

- As with all psychedelics, "set" and "setting" are extremely important. "Set" is the mental state a person brings to the experience - their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is being consumed. By making sure that a person is in a good mental state and supportive location before LSD is used, the risk of ‘bad trips’ can be greatly mitigated.
- Take the person to quiet surroundings where they feel comfortable.


# MDA

sass

## What is MDA ?

• MDA is 3,4-Methylenedioxyamphetamine, also called "Sass" or "Sassafras". It belongs to a family of drugs called entactogens, which translates to “touching within”. Other drugs in this category include MDMA, MDE and MBDB.

• MDA was also originally known as the "love drug", although this term is sometimes used to describe MDMA too.

• This drug was first synthesized in 1910, and was used for various medical purposes throughout the 1940s and 1950s. Recreational use of MDA did not begin until the early 1960s.

• In the 1950s the US Army secretly experimented on human subjects using MDA (under the codename EA-1298) to see if it would work as a possible ‘truth serum’.

## How is MDA used?

• MDA 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 MDA ?

• Generally MDA has more stimulating and psychedelic properties than MDMA.

• MDA can increase positive moods, willingness to communicate, and energy.

• Users often report feelings of belonging, empathy, forgiveness, closeness to others, and a "softening" of their ego.

• MDA is notable for increasing awareness of one’s senses (including taste, smell, touch, hearing and vision), as well as an increased awareness of music and visual stimulation.

• Unlike most other entactogens, MDA commonly produces visual and auditory hallucinations.

## What is the dosage of MDA?

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 typical oral dose of MDA is around 50mg - 150mg, when insufflated users typically use less than half this amount.

• MDA is reported to take effect in 20 to 90 minutes, and peaks around 2 to 4 hours.

• MDA’s duration when orally consumed has been reported to last around 6 to 8 hours.

## Harm Reduction Tips for MDA

• Frequent or high doses of MDA have been linked to neurotoxic damage. It is still unknown whether such damage occurs in humans, or if damage does occur, whether this has any long-term negative consequences.

• MDA 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.

• Some people experience depression after taking MDA. This is caused by MDA's action on certain brain chemicals, such as dopamine and serotonin.

• Although rare, some deaths have been associated with MDA; usually these deaths are a result of heat stroke or extremely high doses.

• Mixing MDA with alcohol or other drugs increases the risk of adverse reactions.

• Snorting any powder can cause nasal bleeding, damage to the cartilage and lining of the nostrils, as well as other nasal and sinus trauma.

# MDMA

ecstasy, xtc, molly, x, rolls, beans

## What is MDMA ?

• MDMA, or 3,4-Methlenedioxymethamphetamine, 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 "hyponaetremia" 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.

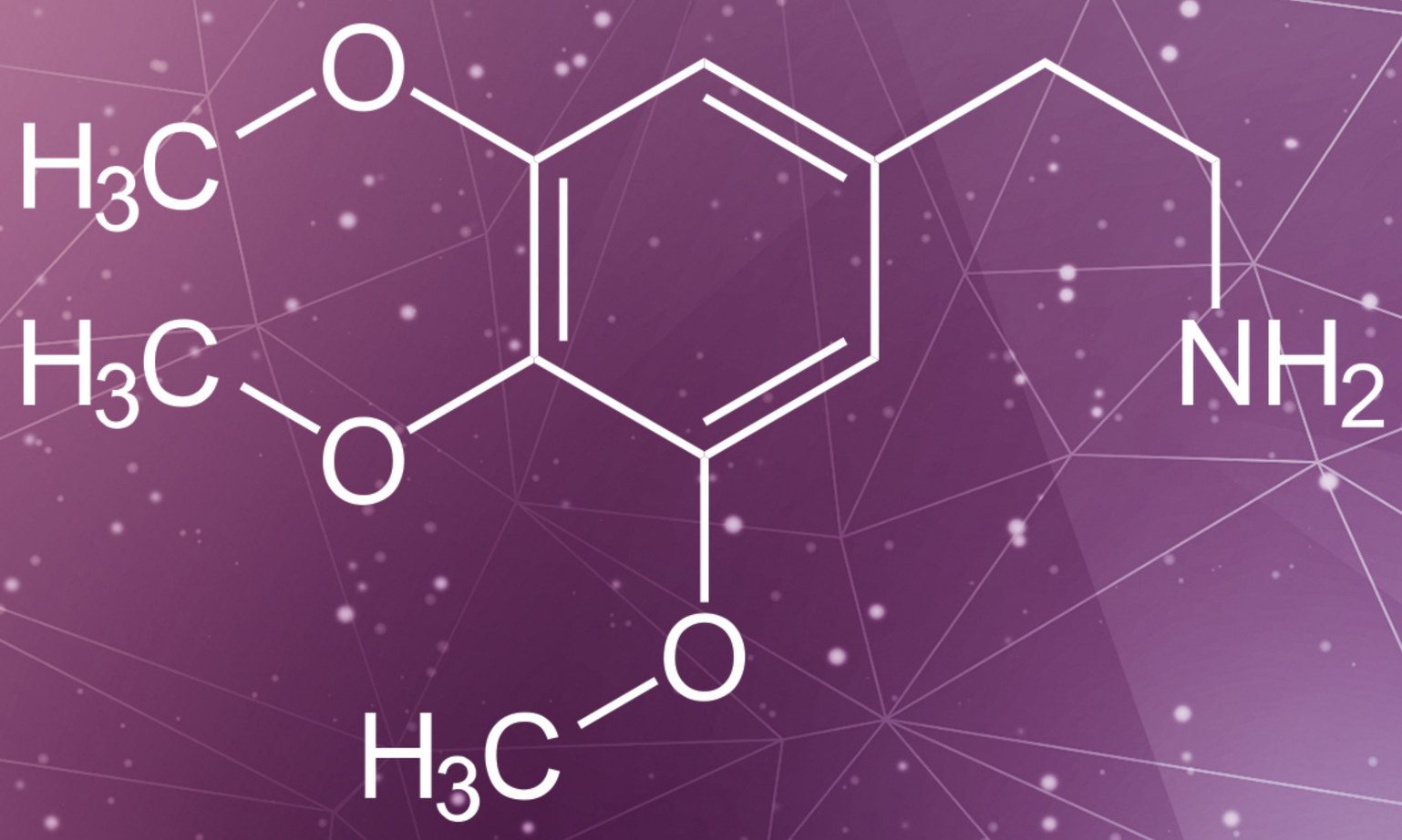
• Mixing MDMA with alcohol or other drugs increases the risk of adverse reactions.

• 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.




# MESCALINE

mescalito

## What is Mescaline?

- Mescaline is a natural psychedelic and is the psychoactive substance found in peyote and San Pedro cacti.
- Nearly 80% of the Peyote Cactus is underground with only the grayish-green pincushion-like top appearing above the ground (this top is called "the button").
- Mescaline was first isolated from peyote near the end of the 19th century and has a history of use in Central America dating back thousands of years.
- Multiple religious organization use Peyote as a sacramental part of their religion, including the Peyote Way Church and The Native American Church.

## How is Mescaline used?

- Peyote, also known as "mescalito", is usually orally consumed in pairs of "buttons".
- Cacti containing Mescaline have also been used in the form of a tea.
- Although rare, mescaline can be found in underground markets in synthetic and extracted crystalline form. Many times drugs from the 2C family will be misrepresented as "synthetic mescaline".
- A single dose of crystal mescaline is nearly half a gram of powder. If a smaller amount than this is being sold as "synthetic mescaline", it is likely a misrepresented research chemical.

## What are the effects of Mescaline?

- The effects of Mescaline are similar to those found in LSD with an increase in heart rate, blood pressure, and body temperature. Pupil dilation also occurs when taking a dose of mescaline.
- The perception of vivid colors and other visual effects often occur.
- Tolerance with mescaline develops slower in comparison to LSD and other psychedelics.
- Many people report an increase in sociability with others.
- Onset of mescaline effects ranges from 45 to 60 minutes, the peak lasts for around 4 hours, and the come down duration is from 4 to 8 hours.

## What is the dosage of Mescaline?

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.

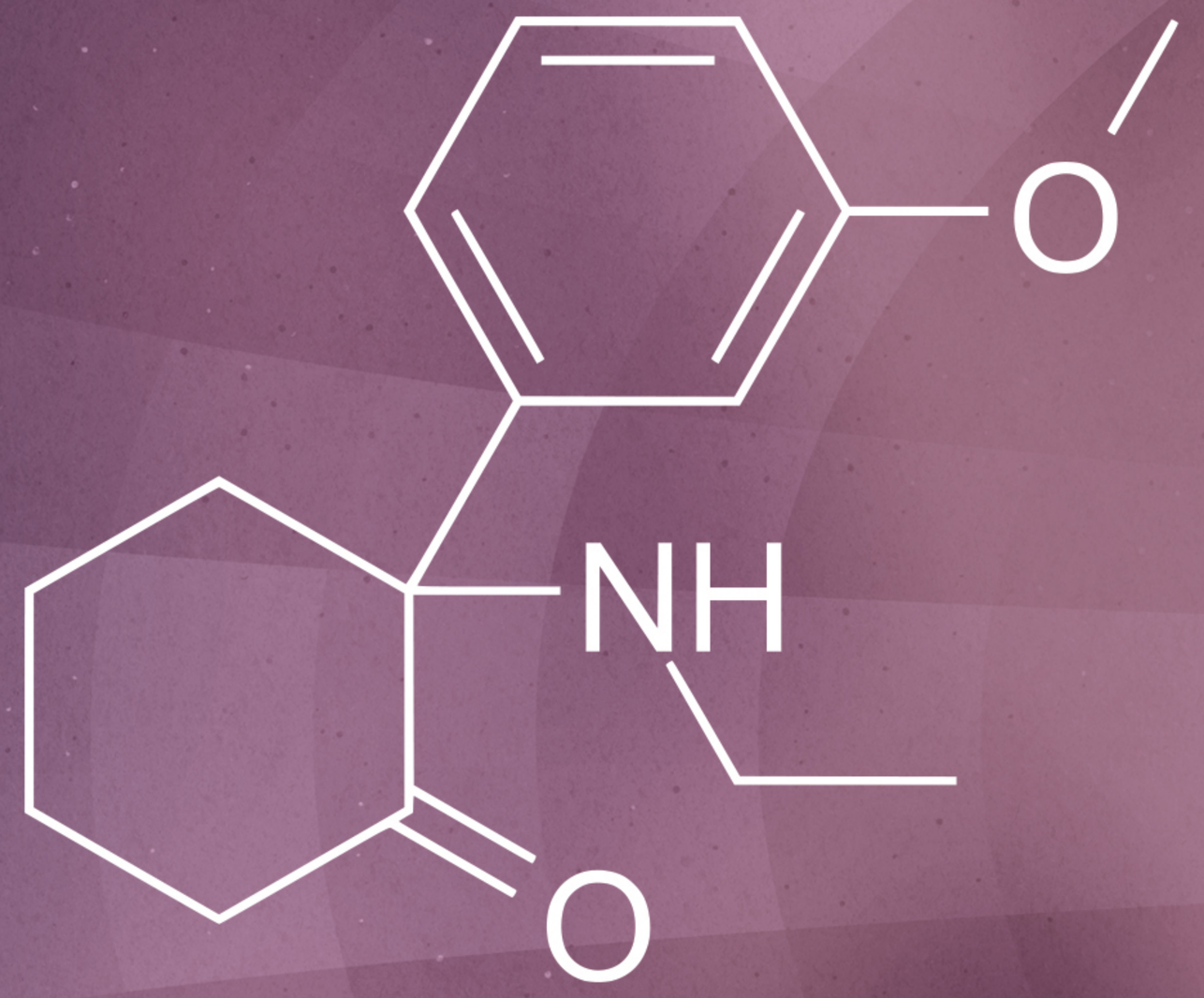
- A standard oral dose of mescaline ranges from 400mg to 600mg.
- A general rule of thumb is 2 peyote buttons or one foot of San Pedro per dose.
- Myths of mescaline being available in micro dot form are false due to amount of mescaline needed to feel its pharmacological effects.

## Harm Reduction Tips for Mescaline

- Mescaline is illegal and is listed as a Schedule I drug.
- Negative effects include being violently sick for up to 24 hours and the taste of all forms of mescaline (even pure mescaline) are reported as "hard to swallow."

### What if somebody is having a difficult experience?

- As with all psychedelics, "set" and "setting" are extremely important. "Set" is the mental state a person brings to the experience - their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is being consumed. By making sure that a person is in a good mental state and supportive location before mescaline is used, the risk of 'bad trips' can be greatly mitigated.
- Take the person to quiet surroundings where they feel comfortable.
- Find a friend who can reassure them.
- Stress to them that their panic is caused by the drug, and will wear off in a few hours, if not sooner.




# MXE

**methoxetamine**

## What is MXE?

- Methoxetamine, or MXE, is a dissociative drug in the arylcyclohexylamines class.
- MXE is an analogue of Ketamine and PCP.
- MXE is a very new substance. It was first publicly reported in 2010.
- MXE has been misrepresented as Ketamine, which can result in dangerous and overwhelming experiences since Methoxetamine is far more potent than Ketamine by weight.

## How is MXE used?

- MXE is usually snorted or taken orally, although many users prefer intravenous, intramuscular, or rectal administration.

## What are the effects of MXE?

- Duration of MXE tentatively varies from 3 to 5 hours.
- MXE effects are similar to Ketamine; a sense of calmness, and retrospection of past dreams and memories.
- MXE produces an out-of-body experience and produces open/closed eye visuals.
- MXE is an uncontrolled substance in the United States, which means that it is legal to buy, possess, and distribute.
- MXE users report compulsive "re-dosing" that was unintentional with the original amount taken.
- MXE use can cause a risk of psychological dependency.
- MXE can cause black-outs, disorganized thinking, and severe confusion, never operate machinery or drive a vehicle when under the influence of MXE.

### What if somebody is having a difficult experience?

- As with all psychedelics, "set" and "setting" are extremely important. "Set" is the mental state a person brings to the experience - their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is being consumed. By making sure that a person is in a good mental state and supportive location before MXE is used, the risk of ‘bad trips’ or accidents/injuries can be greatly mitigated.
- Take the person to quiet surroundings where they feel comfortable.
- Find a friend who can reassure them.
- Stress to them that their panic is caused by the drug, and will wear off in a few hours, if not sooner.

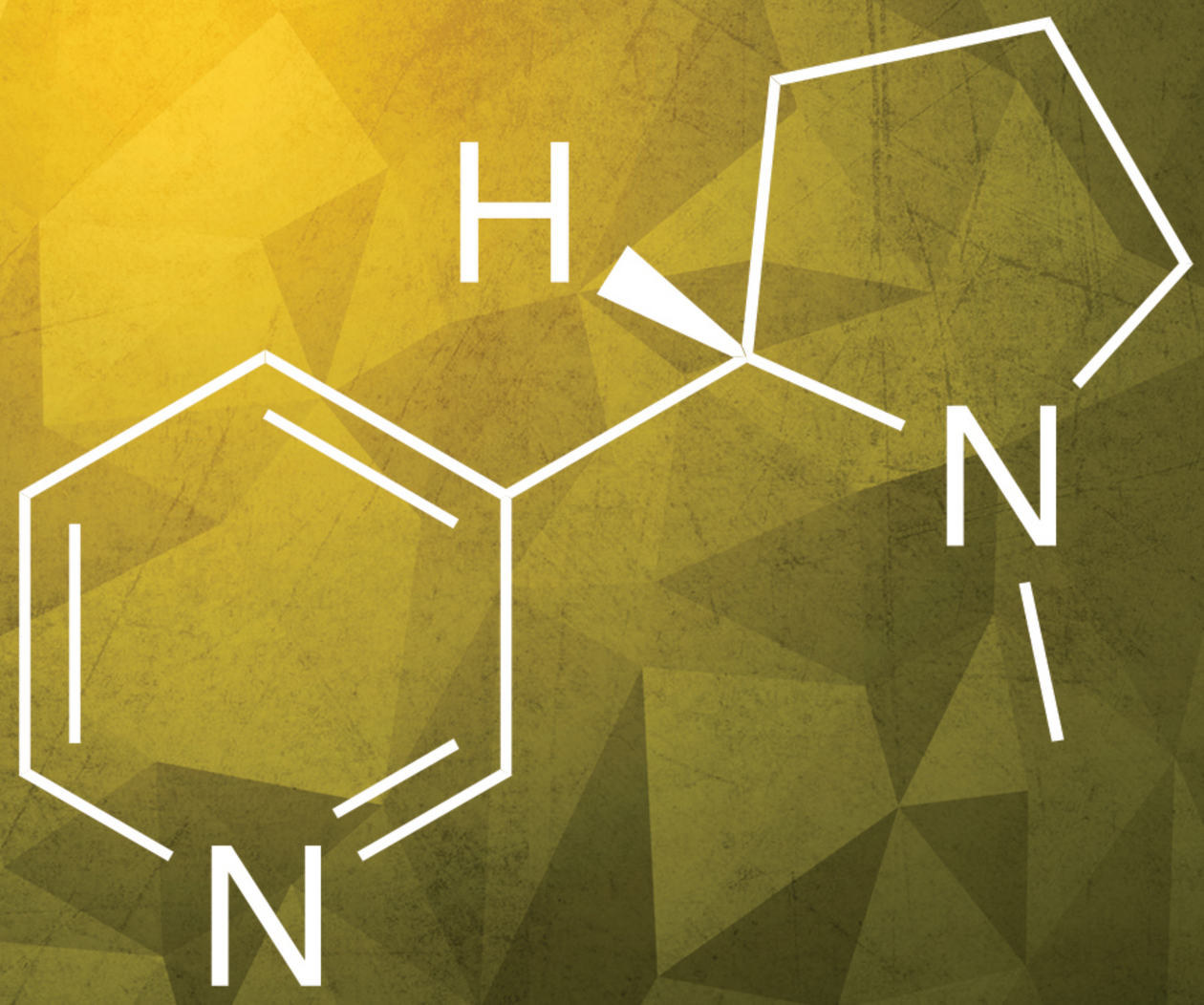
## What is the dosage of MXE?

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.

- Insufflated (snorted) and oral doses range from 5 mg to 60 mg. Intramuscular doses range from 5 mg to 30 mg.
- Most users report taking more than two doses a day.
- Oral doses have been reported to be similar in effect with insufflated doses.

## Harm Reduction Tips for MXE

These are extremely new substances with a limited history of human use. The full range or risks for these substances are currently unknown.




# NICOTINE

tobacco, smokes, cigs, hookah, chew, dip, vape

## What is Nicotine?

- Nicotine is a naturally occurring stimulant found in tobacco and other solanaceous plants.
- As a constituent of tobacco, it has been used for many centuries in the Americas and Australia, and is now sold in a variety of common products worldwide.

## How is Nicotine used?

- Nicotine, (tobacco leaf) is usually smoked in cigarettes, cigars, and pipes.
- Nicotine is also found in a powdered form called snuff (to be insufflated/snorted) and as dip and chewing tobacco.
- Tobacco leaves are mixed with molasses (shisha) and smoked in water pipes known as hookahs.
- Nicotine vapor is consumed using vaping devices

## What are the effects of Nicotine?

- Nicotine increases pulse rate and blood pressure.
- Effects can usually be felt immediately, and can last up to 30 minutes
- Some smoker say nicotine reduces their appetite and anxiety.
- First time users often feel dizzy and nauseous, often after just a few puffs from a cigarette.
- Coughing, as well as other chest and breathing problems afflict some smokers.
- Bad breath and discolored teeth are common among people who smoke regularly.
- Regular smokers have a much greater risk of developing lung cancer and other forms of cancer, as well as heart disease, circulatory problems and bronchitis.
- Using "snuff" and "chew" can also result in cancers of the mouth, nose and throat.

## Is Nicotine addictive?

- Nicotine is one of the most addictive substances known and is highly toxic. Regular use can result in physical dependency with long-lasting withdrawal symptoms.
- Depression, irritability, restlessness and anxiety are some of the symptoms experienced by smokers who have not had a cigarette in a while.
- These symptoms produce a strong craving for another cigarette. Cravings usually begin four hours after their last cigarette.

## What is the dosage of Nicotine?

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.

- Dosafe can vary significantly depending on method of ingestion and tolerance.
- Dosage can vary significantly depending on method of ingestion and tolerance.
- The average nicotine dose in a single cigarette varies from .13mg to 2.0mg.*

## Harm Reduction Tips for Nicotine

- Smoking during pregnancy can harm an unborn child, resulting in low birth weight and other complications.
- Second-hand smoke can also be hazardous to one's health, especially to children and people with asthma or other chest problems.
- Although the available evidence does indicate that vaporizing nicotine is far less risky than other methods of ingesting of nicotine, it does still introduce carcinogenic chemicals to your body.

**If you use Nicotine and want to quit**

- Stay away from places where lots of people smoke.
- Tell all your friends and family that you are trying to quit, and get their support.
- Try acupuncture, nicotine chewing gum, patches, or other popular remedies.

# NITRITES

**alkyl, isobutyl, amyl** **poppers, climax, rush**

## What are Nitrites?

• "Poppers" is the popular name for various alkyl nitrites, including isobutyl nitrite, butyl nitrite, and amyl nitrite.

• Doctors used to prescribe amyl nitrite for heart patients in capsules that were broken or "popped" to release vapors.

## How are Nitrites used?

• Nitrites are used by sniffing the vapors from an open bottle. The effects are felt within a few seconds and last for 1-2 minutes.

## What are the effects of Nitrites?

• Nitrites cause muscles around blood vessels to relax, making your heart speed up to pump more blood. Oxygen-rich blood reaching the brain produces a "rush" sensation.

• Because nitrites cause muscles in the anus and vagina to relax, they are often used during sex.

## What is the dosage of Nitrites?

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 'dose' of nitrites is the amount that is breathed in in 15-30 seconds. For pure amyl nitrite, a dose was .3ml by inhalation of crushed pre-measured ampule.

## Harm Reduction Tips for Nitrites

• Amyl nitrite is made and sold illegally, but most poppers are isobutyl nitrite or butyl nitrite sold in small brown bottles as "video head cleaner," "room deodorizer," or "leather cleaner."

• The exact contents of these products are not known, and they are not safety tested.

• If swallowed call 911 or Poison Control.

• Contact with the skin causes irritation and rashes.

• Extensive use can damage the nose and lungs.

• Some people experience headaches, sensations of spinning or falling, and loss of erection.

• Nitrites are highly flammable. Keep away from cigarettes, candles, and lighters.

• Studies show that nitrites reduce the functioning of the immune system for several days after use.

• Because nitrites cause blood vessels to open, it is easier to get an infection, including sexually transmitted diseases such as HIV.

• Nitrites pose extra risks for people who have suppressed immune systems, heart problems, low or high blood pressure, a history of cerebral hemorrhaging, anemia, or are pregnant.

• Combining nitrites with stimulants like speed and cocaine increases risks. Combining citrites and Viagra is dangerous because both cause blood pressure to drop.

• Nitrites can affect your judgment. If you are planning on being intimate, put on a condom before you use them.

• To prevent spilling and evaporation, pour a small amount in a separate bottle filled with cotton and store tightly sealed in a refrigerator or freezer.

• Possession of amyl nitrite without a doctor's prescription is illegal. Federal law bans the manufacture and distribution of butyl nitrite and related substances, although these provisions have not often been enforced.


# NITROUS OXIDE

**nitrous, hippy crack, N2O, laughing gas**

## What is Nitrous Oxide?

- Nitrous oxide (nitrous/laughing gas) is a gas that has been safely used recreationally since the late 1700s, and as a mild anesthetic in combination with oxygen for over a century.
- It is classified as a "dissociative anesthetic".
- Nitrous is legally available for over-the-counter sale, although in many states it is illegal to sell nitrous to a minor. Some states also have laws against inhaling nitrous for the purpose of intoxication as well as possession of nitrous with the intent to inhale, and a person caught using it recreationally could face misdemeanor charges.
- Nitrous is most commonly sold in small canisters for use in making whipped cream (hence the name "whippets"), although it is also found in large tanks in some places.

## How is Nitrous Oxide used?

- Nitrous is always inhaled.
- Users either inhale the gas directly from a tank or else dispense it first into balloons

## What are the effects of Nitrous Oxide?

- A lungful of nitrous oxide results in the temporary loss of motor control and a "dissociated" psychological effect, where sensations and perceptions become disconnected.
- Uncontrollable laughter is also common, which is the reason that 'Laughing Gas' is the most common nickname for nitrous oxide.
- Users report a dreamy mental state, and may experience mild audio and visual hallucinations.
- The effects come on immediately and usually last less than a minute. Repeated inhalations of nitrous oxide can extend and intensify the experience.
- Visual effects are associated with open eye visuals having distortions of the area around you and vision of a purple or grey-blue hue.

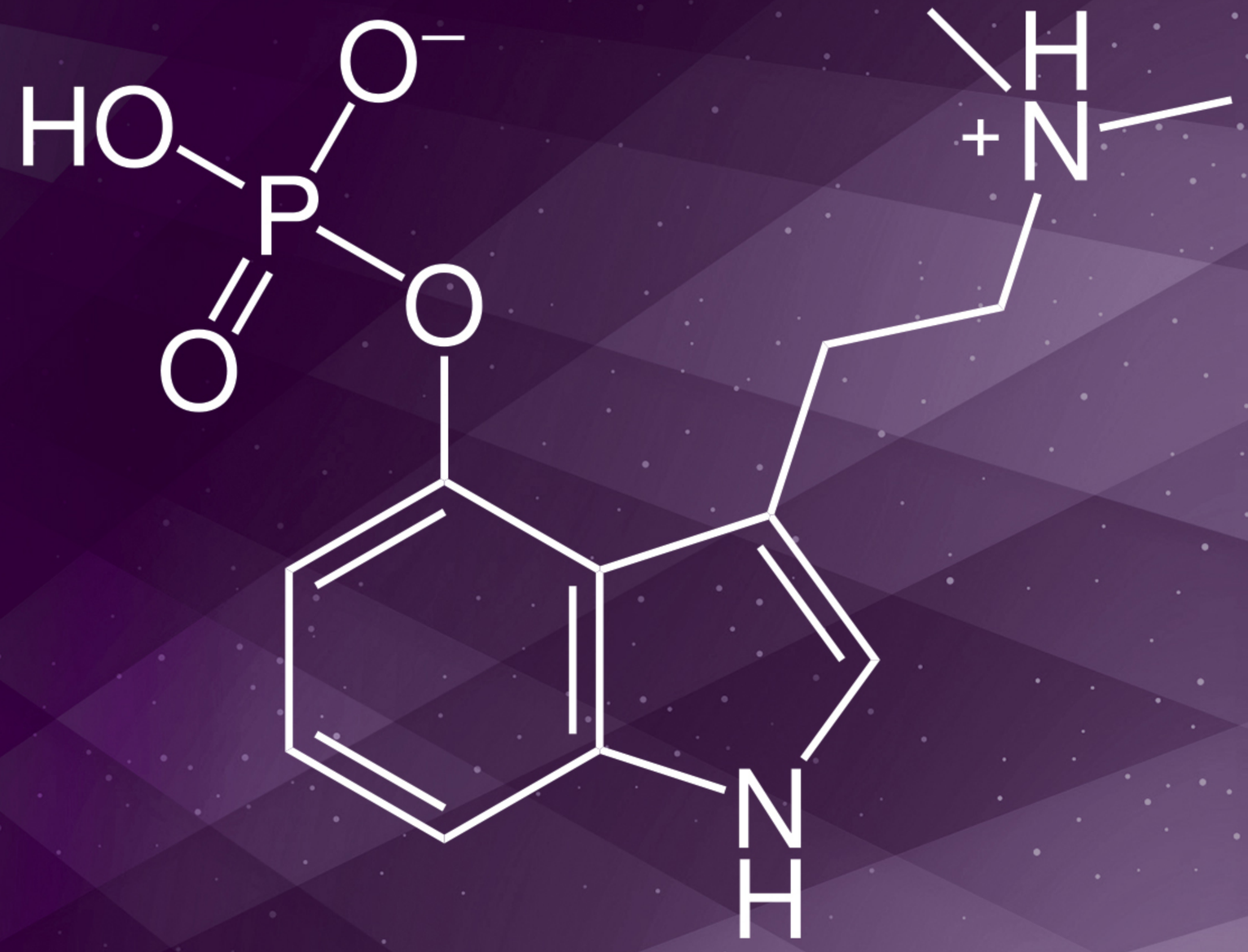
## What is the dosage of Nitrous Oxide?

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.

- Nitrous is generally inhaled by the balloon full. Although it is accurately controlled in medical use, without expensive equipment, there is no way to measure the 'dose' of a gas being administered.
- One whippet cartridge is contains eight grams of nitrous oxide.

## Harm Reduction Tips for Nitrous Oxide?

- Nitrous can produce an immediate loss of motor control. Stay seated if you are going to inhale nitrous. There have been many injuries and a few deaths from people who have fallen down after inhaling nitrous oxide.
- Your brain needs oxygen! Brain damage and suffocation can result from inhaling pure nitrous for an extended period of time due to hypoxia.
- Always have a sober sitter. People have died from falling forward on to pillows (or bags from which they are inhaling) after using nitrous.
- Nitrous can be extremely cold when it comes out of the tank or dispenser. Cold gas can burn the skin as well as the lips and throat. Dispensing the gas into a balloon and allowing it to warm up before inhaling it can reduce this risk.
- High pressure levels in the tank or dispenser can shoot the gas out at a dangerously fast speed and damage the lungs. Again, it is safer to inhale from a balloon than from a tank or 'cracker'.
- Nitrous can be psychologically addictive. While rare, many people have become addicted to nitrous and other dissociatives.
- The regular use of nitrous can cause long-lasting numbness in the extremities and other neurological problems.
- The regular use of nitrous can deplete the vitamin B12, and has caused serious (but rare) complications in individuals with lower than average B12 levels.
- Nitrous is considered "one of the safest anesthetics" in a surgical setting.




# PSILOCIN/CYBIN

**shrooms, magic mushrooms, 4-AcO-DMT, psilacetin**

## What is Psilocin & Psilocybin?

- Psilocin & psilocybin are psychedelic drugs of the tryptamine family with effects similar to those of LSD. 4-Acetoxy-DMT (4-AcO-DMT) is a synthetic chemical that is structurally related to psilocybin, psilocin, and the neurotransmitter serotonin (5-HT).
- 4-Acetoxy-DMT is a synthetic psychedelic drug with a limited history of use. Like psilocybin, it is rapidly converted by first-pass metabolism into psilocin.
- "Magic mushrooms" are any of a series of mushrooms that contain psilocybin or psilocin (and occasionally the related chemicals norbaeocystin and baeocystin). Also referred to as "shrooms", "mushies", or "boomers".
- These mushrooms have been shown in clinical trials to treat severe depression and anxiety and have been used by many indigenous cultures to induce altered states of consciousness during religious rituals for thousands of years.
- 4-Acetoxy-DMT is unscheduled and uncontrolled in the United States, however it may be considered an analog of psilocin, placing it as Schedule I under the Federal Analog Act.

## How is Psilocin & Psilocybin used?

- Psilocin & psilocybin mushrooms are either eaten raw, mixed with food, or brewed into a tea. They can be eaten fresh or dried for later use.
- 4-Acetoxy-DMT is almost always consumed orally. Although other administration methods are biologically possible, they are uncommon in recreational users.

## What are the effects of Psilocin & Psilocybin?

- At low doses, psilocin or psilocybin produce feelings of relaxation, somewhat similar to those of cannabis.
- Users often report laughing a lot and finding things funnier than they would normally.
- At higher doses, the experience is closer to that of LSD, intensifying colors and producing visual hallucinations and feelings of euphoria.
- A psilocin or psilocybin "trip" tends to last about four to five hours.
- Users often report the psilocin or psilocybin mushroom experience to be more "earthy" than other psychedelics, increasing emotional awareness and causing less psychological confusion. 4-Acetoxy-DMT is sometimes described as "warmer" or "more euphoric" than psilocybin mushrooms.
- Some users report getting sick even after ingesting correctly identified psilocin or psilocybin mushrooms.

## What is the dosage of Psilocin & Psilocybin?

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.

- There is no predictable way of estimating the amount of psychoactive chemical in each psilocin or psilocybin mushroom. Even mushrooms from the same strain and batch can vary greatly in strength.
- For pure psilocybin a dose ranges from 5mg-35mg. For dried psilocin or psilocybin mushrooms a dose ranges from 1⁄4 of a gram to 5 grams.
- A common dose of oral 4-Acetoxy-DMT is between 10 and 25 mg. Several reports describe doses of 25-30 mg as very strong.

## Harm Reduction Tips for Psilocin & Psilocybin

- Psilocybin and psilocin are indoles, which can be detected by a positive reaction with the Ehrlich reagent.
- Starting with a small amount can minimize the chance of too strong of a trip or being poisoned from the wrong type of mushroom. Some mushrooms cause stomach pains, vomiting, diarrhea and death.
- Driving or operating heavy machinery under the influence is dangerous.
- Psilocin or psilocybin, like all hallucinogens, can trigger underlying mental disorders and cause schizophrenic-type symptoms.
- Stimulants increase anxiety levels and the risk of negative experiences.
- In rare instances, users can experience recurring episodes of anxiety and panic (flashbacks) days, weeks or even months after a difficult experience.

### What if somebody is having a difficult experience?

- As with all psychedelics, "set" and ‘setting’ are extremely important. "Set" is the mental state a person brings to the experience - their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is being consumed. By making sure that a person is in a good mental state and supportive location before psilocin or psilocybin are used, the risk of ‘bad trips’ can be greatly mitigated.
- Take the person to quiet surroundings where they feel comfortable.
- Find a friend who can reassure them. Stress to them that their panic is caused by the drug, and will wear off in a few hours, if not sooner.