

AKA: SPEED, ADDS, ADDERALL,
DEXAMPHETAMINE (DEXIS),
FAST, GOEY, LOUIS, VYVANSE,
OX BLOOD, PEP, UPPERS, WHIP,
WHIZZ

AKA: METH, CRYSTAL, FROSTY, ICE,
ROCK, SHABU, SHARD, T, TINA



AMPHETAMINES METHAMPHETAMINES

Disclaimer: This resource is produced by Hi-Ground & DanceWize. In an unregulated market it's impossible to know the purity or dose of any substance, educate yourself and practice harm reduction to reduce this risk. For more information visit www.hi-ground.org

Supported by: QuiVAA & QuiHN

Hi-Ground

Amphetamines are stimulant drugs, which means they act to speed up heart rate and breathing. Methamphetamine stimulates the release of dopamine and noradrenaline from nerve cells in the brain. Some types of amphetamines are legally prescribed by doctors to treat conditions such as attention deficit hyperactivity disorder (ADHD), narcolepsy and Parkinson's such as. Other types of amphetamines such as speed are produced and sold illegally.

The more potent form is crystal methamphetamine (ice), speed now mostly contains methamphetamine of varying purity. Chemically, methamphetamine and amphetamine have very similar structures. There is one small structural difference that allows meth to enter your brain more quickly than an amphetamine can, which is why the onset of the high is faster and more intense.

ADMINISTRATION

It can be smoked, swallowed, snorted, injected, or plugged.

DURATION OF EFFECTS

TOTAL	4-8HRS
ONSET	0-10MIN
PEAK	1-5HRS
COME DOWN	4-12HRS
AFTER EFFECTS	2-24HRS



*Remember depending on the route of administration duration of effects differ, also the effects of meth are stronger and last longer than speed.

HALF LIFE

Even though the apparent effects of the drug wear off after 6+ hours, the drug is still active in your system for up to 12-14 hours after you have taken it. Try to remember this if using other substances or redosing.

MOST COMMON EFFECTS

Effects vary person to person - Increased energy
Insomnia/restlessness, Dilated pupils, Increased heart rate/blood pressure, Increased body temperature, Decreased appetite, Tightening jaw muscles, Grinding/clenching teeth, Stomach cramps, Dehydration, Shortness of breath, Euphoria, Increased confidence, Increased focus.

LESS COMMON EFFECTS

Dizziness, Headache, Compulsive picking or scratching skin, Nausea and vomiting, Irritability/Aggression, Diarrhoea, Irregular heartbeat, Tooth decay and gum disease, Anxiety/Panic attacks, Paranoia Mania/Excited delirium, Hyperactivity.

RARE EFFECTS

Risk of seizure, stroke, heart attack or coma, Suicidal thoughts, especially when coming down, Psychosis
Depression, Collapse.

DRUG CHECKING

Roadside Police: Roadside saliva tests do look for meth/amphetamines. It is illegal to drive under the influence of any illicit drugs, wait at least 48-72 hours before driving.

Drug Checking: Lab-quality testing is recommended for best results however DIY reagent testing is an option. Marquis and Mandelin give a reaction with amphetamines whereas Mecke and Robadope do not give a reaction which can be used to cross-reference results. Mandolin, Marquis, Mecke and other reagents produce reactions with Methamphetamine.



SAFER USING

- Start with a very small amount to check the strength and assess your sensitivity.
- For many irregular users the effects of amphetamines and methamphetamines can last a lot longer than people who use them regularly.
- Remember to eat well then wait 20-30 minutes before using.
- Be aware of overheating and try to cool down & chill out regularly.
- Remember to keep your fluids up but don't drink too much - 1 cup of water (250ml) p/h when resting & up to 500ml p/h when dancing or active.
- After 2-3 hours remember to keep your electrolytes up
- If you're finding it hard to eat try a smoothie or a soup!
- Sleep! Or lay down and cover your eyes during a 24-hour period. Many of the negative effects of ice are caused by sleep deprivation.
- Factor in and plan recovery time before you need to do another activity.
- See our website for all the safer using tips regarding ingesting, snorting, shelving and injecting.
- Depending on purity, amphetamine doses will vary. Prescription based amphetamines, like Adderall, Dexies and Vyvanse contain their own prescribed dosage information.
- Standard dose ranges for meth and amphetamines are somewhere between 5mg (low), 10-30mg (moderate-strong), and 30-50mg (high dose).