

AKA: ACID, ALICE, BLOTTERS, CID,
CUBES, DOTS, DROPS, LIQUID,
LUCY, MICRODOTS, TABS, TRIPS



NSD

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

LSD, or lysergic acid diethylamide, is a psychedelic drug derived from a substance found in ergot, which is a fungus that infects rye (grain). LSD is an extremely powerful hallucinogen, and has immense therapeutic, spiritual and cultural potential. In its pure state, LSD is a white odourless crystalline substance. However, being so potent, an effective dose of pure drug is so small it is virtually invisible. As a result it is usually diluted with other materials.

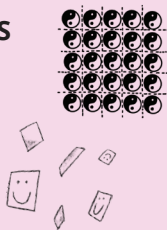
Compound: LYSERGIC ACID DIETHYLAMIDE - C20H25N3O

ADMINISTRATION

Sublingual (under the tongue) or swallowed is most common.

DURATION OF EFFECTS

TOTAL	6-12HRS
ONSET	20-90MINS
PEAK	3-6HRS
COME DOWN	3-5HRS
AFTER EFFECTS	2-5HRS



HALF LIFE

Although the effects may seem to have worn off after 8 hours, the drug is still active in your system for another 5 hours and effects may linger until you have slept.

MOST COMMON EFFECTS

Visual hallucinations, Sensory enhancement (taste, smell, touch), Muscle tension, Increased sweating / heart rate, Difficulty regulating body temperature, Dilated pupils, Unusual body sensations (chills, goosebumps, tingling), Feeling numb, Euphoria, Mood lift, Meaningful spiritual experiences, Uncontrollable laughter, Downward spiraling thoughts and emotions, Confusion, Anxiety, Distorted perception of time.

LESS COMMON EFFECTS

Synaesthesia (tasting colour, seeing sounds etc.), Increased salivation and mucus production (irritable coughing for some, Nausea – especially during onset, Dizziness, Yawning (but not tired), Lethargy (feeling heavy), Increased awareness and appreciation of music, Feeling of oneness with the universe and all beings within it, Blurred boundaries between self and others, Increased creative thinking Increased lateral thinking and problem solving, Increased suggestibility.

RARE EFFECTS

Psychosis or psychotic episode, Paranoia, fear and panic.

POSSIBLE LONG-TERM EFFECTS

Psychedelic drugs may lead to the onset of schizophrenia and other mental health issues if you are genetically predisposed.

DRUG TESTS

Roadside Police: LSD is not detectable by a saliva test. It is illegal to drive under the influence of any illicit drugs, including LSD and any driver may be subject to a roadside behavioural impairment test. Wait at least 24 hours before driving.

Reagent Testing: Ehrlich reagent reacts with LSD.

SAFER USING

For psychedelic drugs, set and setting are very important in determining the nature of the experience. It is better not to take LSD if you don't feel well (physically or emotionally) or feel uncomfortable/unsafe (environment, people, crowds). LSD can enhance these feelings.

- LSD is highly potent, a single tab, cube or drop usually contains around 100-200 micrograms (μg) dose range and produces significantly altered states of consciousness.
- LSD is tasteless, more physically harmful substances such as the NBOMBe series are sometimes sold as LSD. Follow the mantra "if it's bitter, it's a spitter" and remove the tab from your mouth if it has a bitter, chemical taste - it is likely your tab isn't LSD.
- It is best to have a sober friend or experienced user present (trip sitter), especially when it is your first time
- Eat something and wait 30 minutes before using
- Have snacks and water ready for the journey, wear comfy clothes, check in with yourself to prepare for the experience.
- Always dose yourself. This way you know how much you are taking.
- You can cut tabs into smaller pieces to make smaller doses if you are unsure of potency.
- Avoid dosing drops directly onto your tongue. You may accidentally put more drops which cannot be adjusted or undone.
- You can add a cube or a tab to water to split a dose evenly (mix well & keep sealed/ labelled).
- Do not attempt to get in the car and drive. Make sure you find a safe alternative.
- Try to make sure you haven't got anything important to do the next day - You may need some recovery time from the experience
- Try not to make any big decisions about life or people during the experience or until you have fully 'landed'
- Research 'Integration', which is an ongoing process afterward to translate your psychedelic experience to have a positive impact in your life.