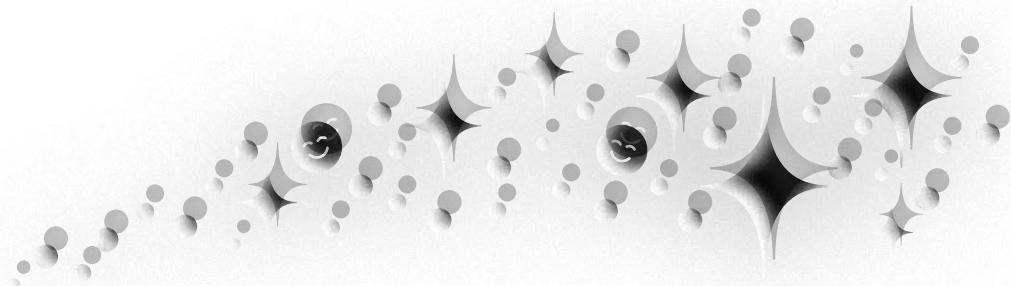


★ MDMA



What is MDMA?

MDMA is an 'empathogen' with stimulant properties, often used in clubs and festivals, known as 'ecstasy' in its pressed-pill form and 'MD/Molly' in its powdered or crystal form.

What are its effects?

DESIRED EFFECTS

'empathogen' = increased empathy ♦ emotional connection ♦ euphoria ♦ feeling of oneness ♦ sexual arousal

SIDE EFFECTS

dehydration ♦ teeth grinding ♦ jaw locking ♦ eye wiggling ♦ trouble peeing

EMERGENCY SCENARIOS

seizure ♦ severe agitation ♦ extreme body temperatures ♦ hyponatremia (as too much water)

Usage

DOSAGE

THRESHOLD	20 mg
LIGHT	20–80 mg
COMMON	80–120 mg
STRONG	120–180 mg
HEAVY	180+ mg

LENGTHS

ONSET	20–70 minutes
DURATION	3–5 hours
AFTER-EFFECTS	1–72 hours

Need to know

- ! Certain anti-depressants (MAOIs and SSRIs) should be avoided with MDMA. These can block MDMA's effects, leading to serotonin accumulation (serotonin syndrome).
- ! Combining MDMA with GHB/GBL, alcohol, tramadol, caffeine, or cocaine, can also cause unpredictable and dangerous effects.
- ! MDMA raises your body temperature. Take regular dancing breaks and hydrate often (aim to drink one pint of water per hour).
- ! Don't overhydrate! Too much water dilutes essential electrolytes salts in the blood (hyponatremia) which can be fatal.
- ! Don't redose more than once in a session. This will not make the 'high' last longer, can lead to serotonin syndrome, and may worsen the comedown.
- ! Comedowns can leave you depressed and anxious; eat a balanced diet, rehydrate, and get some sleep!
- ! Take a 2-3 month break between sessions to replenish natural serotonin levels.