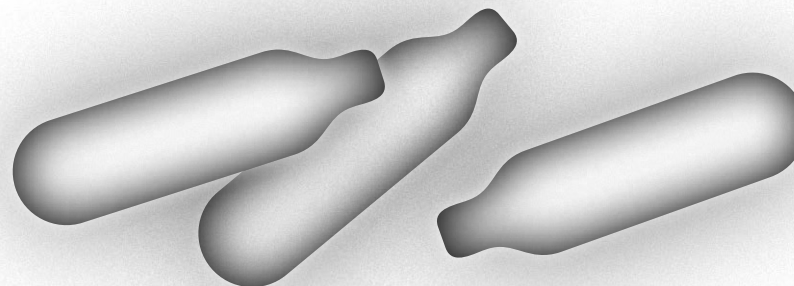


✦ Nitrous Oxide



What is NOS?

Nitrous Oxide or NOS is a dissociative anaesthetic gas that produces short-term euphoric feelings. It's also called laughing gas/whippets/N₂O.

What are its effects?

DESIRED EFFECTS

laughing ✦ euphoria ✦ visual & auditory distortions ✦ calmness

SIDE EFFECTS

headache ✦ tight chest ✦ nausea ✦ confusion ✦ dizziness

EMERGENCY SCENARIOS

B12 deficiency ✦ neurological damage

Usage

DOSAGE

AVERAGE	1–3 normal* balloons
MEDIUM	4–9 balloons
HIGH	10+ balloons

*a 'normal' balloon = standard 8g canister; 'doubles' and 'triples' are also common, meaning 2–3x the normal dose

LENGTHS

ONSET	Immediate
DURATION	1–3 minutes
AFTER-EFFECTS	n/a

Need to know

- ! NOS can trigger pre-existing heart, lung or blood pressure problems
- ! Never inhale NOS directly from the dispenser; the gas is highly pressured and cold, and can severely damage your lungs and mouth.
- ! Never put a mask or plastic bag over your head to take NOS. You can easily suffocate.
- ! Don't huff back into a balloon when using NOS; just take it in and hold. Breathe fresh air between balloons.
- ! In high doses, NOS inactivates vitamin B12 in your body; chronic heavy use can cause B12 deficiency, which can lead to severe neurological and psychological problems. If you consume heavily, have your B12 levels checked and take extra supplements.
- ! NOS canisters are made from steel and are classified as scrap metal. They are recyclable, but not via your usual household recycling as they can explode when crushed. Take the canisters to a scrap metal yard if your local council won't accept them for recycling. Do not litter!