

MDMA / MDA

(MOLLY, M, ECSTACY)

WHAT IS IT?

MDMA and MDA have similar effects and are in the same drug family, but have different chemical structures that make them different drugs. MDA is a more potent high relative to MDMA and produces more psychedelic effects. MDA lasts 5-8 hours where MDMA lasts 3-6 hours.

HOW DO I TAKE IT?

Most commonly ingested orally or snorted. Sometimes it is inserted anally (hooped, or plugged) or smoked and rarely injected. Most often seen as powder or pills, but can also come in liquid form.

ONSET/DURATION

It can take about 20-70 minutes to take effect. Some people experience an overwhelming 'peak' at onset. The high lasts about 3-5 hours with after effects lasting up to 24 hours.

HOW DOES IT WORK?

MDMA/MDA promotes the release of neurotransmitters serotonin, dopamine, and norepinephrine in the brain. This depletes your natural stores in the brain and your body has to restore the levels. As a result, some people may experience depression after taking MDMA. Tolerance to MDMA can build quickly due to this depletion and it dramatically loses its effectiveness if used on a frequent basis. It is recommended to wait at least a few days to a few weeks

between use to give the brain time to restore its levels and avoid toxicity.

DOSAGE

Determining a dose depends on desired effects and if you are mixing with other substances. A common dose of MDMA is 75-125 mgs. The amount present in a pill can vary widely. While MDA is similar to MDMA, it is about 20% stronger than MDMA.

EFFECTS

Effects of MDMA can vary depending on the dose. Some positive effects of MDMA include increased energy; feelings of greater connection to self and others; and increased tactile, visual, and auditory sensations. Some negative effects can include anxiety, teeth grinding/mouth clenching, and disorientation. People react differently to MDMA and to different doses of MDMA.

WHAT ARE WE FINDING?

A majority of MDMA we see comes back without cuts or adulterants detected. When a cutting agent is present, it is often sugar. MDMA has diverse appearances so things like colour, shape and consistency may not be useful for identifying MDMA. Come get your drugs checked and we can give you more information!

HARM REDUCTION

- MDMA is commonly used at dance events. Remember to hydrate and rest to decrease risk of overheating.
- Depleted levels of serotonin may cause some people to experience lows days or weeks after consuming MDMA. This may include feelings of anxiety, paranoia and depression Consider giving yourself recovery days.
- Mixing MDMA with other substance can increase the risk of negative effects. Start low and go slow if you are mixing with other substances.

MORE INFO

<https://psychonautwiki.org/wiki/mdma>
<https://psychonautwiki.org/wiki/MDA>
<https://harmreductionto.ca/mdma-ecstasy>
<https://drugs.tripsit.me/MDMA>

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