

Crystal Meth

(SIDE, ICE, SPEED, TINA, CRANK, CRYSTAL)

WHAT IS IT?	HOW DOES IT WORK?	HARM REDUCTION
Crystal meth is a common stimulant in the amphetamine class of drug. It is frequently sold as powder but can also be found as pills. The appearance of crystal meth can vary greatly, sometimes looking like crystals or powder in different shades of white.	Crystal meth is a stimulant of the central nervous system. The drug acts as a releasing agent for dopamine, norepinephrine, and serotonin transmitters in the brain.	<ul style="list-style-type: none">• Crystal meth can be habit forming even with short term use.• During prolonged periods of use, one may forget to drink enough water, eat enough food and get enough sleep. For these reasons, it may be helpful to take periodic breaks to refuel on sleep and sustenance!• Start low and go slow, especially when mixing with other drugs.
HOW DO I TAKE IT?	EFFECTS	MORE INFO
Most commonly smoked, but is also taken orally, snorted, injected or booty bumped.	In lower doses, the effects of crystal meth may include increased focus and energy, mood elevation, euphoria, excitability, headaches and jaw stiffness. In higher doses or with prolonged use, effects may include irritability, headaches, paranoia, anxiety and psychosis.	https://psychonautwiki.org/wiki/Meth https://www.erowid.org/chemicals/meth/ https://harmreductionto.ca/amphetamines-methamphetamine https://drugs.tripsit.me/methamphetamine
DOSAGE	WHAT ARE WE FINDING?	CONTACT US
Dosage is dependant on many factors, including tolerance, desired effects and how the drug is taken. A common dose can range from 10-30mg. You know your body best sometimes, so stick to what feels right for you.	Crystal meth is often used in social situations for the effects of increased confidence and sociability.	Phone/text: 250-415-7637 Website: substance.uvic.ca Twitter: @SubstanceUVic Instagram: @drugcheckingiv
ONSET/DURATION	Common cutting agents that we find in crystal meth are caffeine and dimethyl sulfone (an organic compound). We often see crystal meth that has no additional adulterants or cutting agents - however, within the stimulant category, it is the substance that we most often find adulteration or cutting agents.	
Crystal meth has a quick onset, which depends on how it is taken. If smoked, snorted or injected, effects can be felt immediately and last between 3 - 8 hours. If taken orally, onset will occur within the hour and last for up to 10 hours.		

