



+43 1 585 12 12

www.CheckYourDrugs.at

Gumpendorfer Straße 8, 1060 Wien

MMC - MEPHEDRONE - 4-METHYLMETHCATHINON:

CHEMISTRY

Popular scene denomination: MMC, Mephedrone, Meow Meow. MMC is chemically similar to Cathinone, the stimulating active substance of the Kath Plant and Methcathinone (Ephedrine). MMC is an Empathogen Stimulant and can be found as white powder or pills. Mephedrone belongs to the so called Research Chemicals, which are mostly not investigated, that is why there are no scientific data about mechanisms of effects, risks, long term effects, neither about possible risks related to poly drug use. Knowledge about f.e. effects, doses and risk reduction is based almost exclusively on user self reports (trip reports). Usually MMC is consumed nasally or orally. According to user reports the typical doses lay between 50-100mg (nasal) and 150-200mg (oral).

LAW

Mephedrone is recorded by the Austrian Drug Law since 21.08.2010. That means, that purchase, possession, import/export, to leave it to or obtain it for others (passing, selling/ dealing) are punishable by law and can imply fines or imprisonment.

EFFECTS

At the moment there are no data about the accurate mechanisms of effects of MMC.

POSSIBLE EFFECTS

MMC is a Stimulant and Empathogen and has stimulating and euphoriant effects. The effect intensity depends on the dose and begins, if consuming it nasally, (strong burning in the nose) within a few minutes (duration about 1-2 hours) and, if consuming orally, after 30-45 minutes (duration about 3-5 hours). The effects are characterized by a subjective feeling of mental clearness and a higher physical performance. Typically are an increased euphoria and a strong feeling of unity with other people. Users report of more intensive perception of their own body, of floating sensations and general relaxation, as well as more intensive perception of music. The memory about the experiences during the peak of effects is mostly blurred.

NEGATIVE EFFECTS

Due to the stimulating effect of MMC there can occur unpleasant hyperactivity, strong increasing of blood pressure and tachycardia (or an unpleasant feeling in the heart area). Especially if using high doses there can occur delusions and paranoia. Users report furthermore of unpleasant body smell, feelings of coldness, skin rashes, headaches and loss of weight. In some unfrequented cases blue discolorations of elbows and knee joints appeared, what until now cannot be explained. According to trip reports, there can occur increased nervousness and bad moods during getting down from the effects. Long lasting insomnia, reduction of short time memory and memory gaps can also occur.

As especially unpleasant was reported a strong Craving (strong desire to take more) – especially if consumed nasal. Like most Research Chemicals (RCs), Mephedrone has not been tested on humans or only barely. Consequently at this point there cannot be done

any solid statements about the substances' toxicity. Some users report about symptoms that can be related to toxicity, but also to adulteration of the substance: among other things, caused by vascular constrictions, there can occur pulsating pain in the feet, blue discolorations of finger- and/ or toe-nails, as well as a feeling of deafness of the left side of the head (peripheral Neuropathy). It is supposed, that due to auto-immunological processes there can occur inflammations of small vessels (arteries, capillaries, veins) and as a result damage organs (Vasculitis).

POSSIBLE LONG-TERM EFFECTS

Possible long-term effects are not sufficiently investigated. Because of the strong desire to take more, it is to be supposed, that a psychological dependence can be developed. About a physiological dependence there cannot be done any statements at this point. If consumed frequently, a limited memory and degradation of concentration are reported.

DON`T USE IN THE CASE OF

- Psychological problems, fear/anxiety, blood pressure, emprovement, heart-/ circulation problems, liver or kidney damages, epilepsy, HIV
- Never drive a vehicle after consumption

RISK REDUCTION

If MMC is consumed, despite of health risks, you should – along with general advices for risk reduction – consider the following rules:

- If you have the possibility, analyze your substance chemically. Do not combine MMC with other substances or medicaments.
- Drink a lot of alcohol free drinks, but not more than ½ litres per hour.
- Make breaks and chill yourself down.
- Eat light food (fruits) and vitamins.
- If you consume substances nasally, do not share your tube with others. There is a risk of infection (Herpes, Hepatitis C, HIV).
- Take bigger consume breaks before the next consumption.

- After doing drugs never drive a vehicle! Actual substance information and new findings related to Mephedrone you can find on www.CheckYourDrugs.at

Further information and services of ChEck iT!you can find here:

www.myspace.com/checkit_druginfo

www.facebook.com/ChEckiT.Wien



check your life. check your drugs.

ChEckiT!

© VWS 2010-Für den Inhalt verantwortlich: Öllinger/Grabenhofer