

HARM REDUCTION

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

MORE INFO

<https://psychonautwiki.org/wiki/Cathinones>
<https://psychonautwiki.org/wiki/4-mmc>
<https://wiki.tripsit.me/wiki/Mephedrone>
https://www.erowid.org/chemicals/4_methylmethcathinone/4_methylmethcathinone.shtml



CONTACT US

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CATHINONES
(MEPHEDRONE, METHYLONE,
MDPV, 3-MMC, BUTYLONE)

WHAT IS IT?

Cathinones make up a class of substances related to a compound found in the khat plant (*Catha edulis*). They are stimulants and are similar to MDMA in their chemical structure and effects. These substances can last anywhere from an hour (snorted) to 6 hours (ingested).

HOW DO I TAKE IT?

Most commonly ingested orally or snorted. Sometimes it is inserted anally (hooped, or plugged). Most often seen as powder or pills, and typically has a distinct smell that is kind of like cat pee.

ONSET/DURATION

Onset/duration depends on how the drug is taken but generally can take 20-60 min. to take effect. Some people experience an overwhelming 'peak' at onset. The high lasts about 2-7 hours.

DOSAGE

Determining a dose depends on desired effects and if you are mixing with other substances. A common dose of 4-MMC is 100-200 mgs. The amount present in a pill can vary widely. Some cathinones have higher common doses, some lower - so be sure to research the one you have!

HOW DOES IT WORK?

Cathinones typically promote the release of dopamine, and block the reuptake of serotonin and norepinephrine in the brain. This definitely creates an experience that leads to people redosing, sometimes frequently. As a result, some people may experience a quick development of tolerance and lows in the days that follow. 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. These compounds have the potential to become addicting.

EFFECTS

Effects of cathinones can vary depending on the dose. Some positive effects include stimulation; euphoria; feelings of greater connection to self and others; decreased inhibition; and increased libido. Some negative effects can include teeth grinding/mouth clenching, dehydration, increased heart rate, and sometimes body odour starts to smell like cat pee (especially with extended use). The desire to redose can become compulsive, and amphetamine poisoning cases have been reported. Start low and go slow

WHAT ARE WE FINDING?

A majority of 4-MMC we see comes back without cuts or adulterants detected. It is quite common for suspected 3-MMC to actually be 4- or 2-MMC. Other cathinones are more rarely brought in, but typically are without cuts or adulterants.