



G

G [*ˈdʒiːː*] (GHB bzw. GBL)
– also known as
Liquid Ecstasy, Gina –

Usually colourless, salty /
bitter tasting liquid,
which can also (rarely)
be a solid salt
(sodium oxybate).

ENGLISH

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Taking GHB (gamma hydroxybutyrate), GBL (gamma butyrolactone) or BDO (1.4-butanediol) causes an increase in the release of dopamine, and the effect of GABA is increased. GABA is a naturally occurring substance in the brain, which helps to regulate the sleep-wake cycle.

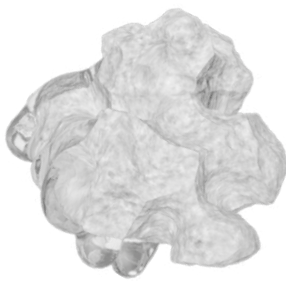
- GBL AND BDO ARE CORROSIVE AND HAVE TO BE DILUTED BEFORE TAKING!
- GBL AND BDO KICK IN MUCH FASTER AND STRONGER THAN GHB!
- USUALLY GBL IS SOLD AS 'G' — BUT ALWAYS MAKE SURE YOU KNOW WHICH ONE YOU'RE GETTING!
- EFFECTS kick in after around 10-20 mins (GHB) or ca. 5-10 mins (GBL), and last ca. 1.5-4hrs.
- DETECTABLE: up to 6 hrs. (blood) / 12 hrs. (urine). The earlier a urine sample is taken, the more likely it is to be detected!

IN LOWER DOSES

G IS STIMULATING, UPLIFTING, RELAXING AND DISINHIBITING. THE PERCEPTION OF PAIN IS LOWERED.

IN HIGHER DOSES

G IS NUMBING, SEDATIVE AND LEADS TO LOSS OF CONSCIOUSNESS. THAT'S WHY G IS ALSO KNOWN AS A DATE RAPE DRUG. DON'T LEAVE YOUR DRINK UNATTENDED! HIGH DOSES AND MIXING WITH OTHER SUBSTANCES CAN LEAD TO EXTENDED VOMITING ATTACKS AND EVEN COMA. RESPIRATORY PARALYSIS (RESULTING IN DEATH) IS ALSO POSSIBLE!



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➤ **SIDE EFFECTS**

Dizziness, vomiting, headaches, confusion, breathing difficulties, balance problems, memory problems, inability to move, muscle spasms, cramps.

➤ **ESPECIALLY RISKY FOR**

Those with underlying mental health problems, epilepsy, heart problems, liver dysfunction, SSASHD (succinic semialdehyde dehydrogenase deficiency), and those who take the medication valproate. Mixing with alcohol or other downers (painkillers, sedatives).

➤ **AFTER EFFECTS AND POSSIBLE CONSEQUENCES**

Memory loss, sleep disturbances, trembling, anxiety, depressive mood; developing a high tolerance and physical or psychological dependency. Withdrawal symptoms are already possible after taking G for just a few days in a row.

DOSAGE

DOSES STARTING AT 1.2 ML GBL OR 3-4 ML GHB INCREASE THE RISK OF COMATOSE STATES. BE CAREFUL: EVERYBODY REACTS DIFFERENTLY, DO NOT RELY ON „USUAL AMOUNTS“!

SAFER USE

Only take G with people you trust. Tell your friends what you have been taking. Make sure someone is there who can help you in an emergency.

Inform yourself – even small differences in dosing highly increase the risk of an overdose. Start with the smallest possible dose and wait at least 90 mins to assess the effect. Dose undiluted G with a syringe (without cannula) or a pipette with a measurement scale (in ml). Mix it well into a non-alcoholic drink and make a note of the amount and at which time you are taking it (e.g. take a note / screenshot on your phone).

Always dose as low as possible! Don't mix with alcohol or other downers!

Topping up easily leads to overdoses. Wait for 2, ideally 4 hrs., until you take a new dose. Then take an even lower dose than before. Clarify beforehand if and what kind of sex you want to have. Avoid dependency: Limit your consumption to special occasions. Plan long breaks. When you detox, get professional guidance and support – life-threatening withdrawal symptoms possible!

Especially if the pulse and/or breathing is weak or irregular: call 112 for the emergency services. In case you have unintentionally taken G, tell someone you trust. Staff in the club is also there to support you!

GET HELP IF YOU OR SOMEONE ELSE NEEDS IT! STAFF AND EMERGENCY SERVICE ARE THERE TO HELP YOU!

RISK-FREE CONSUMPTION DOES NOT EXIST. SONAR STANDS FOR HEALTH PROMOTION AND HARM REDUCTION IN SUBSTANCE USE.

THERE IS NO SUCH THING AS RISK-FREE CONSUMPTION. SONAR STANDS FOR HEALTH PROMOTION AND HARM REDUCTION WHEN CONSUMING.



COCAINE

COKE, CHARLIE, BLOW,
CRACK, WHITE

Upper (stimulating substance)
and local anaesthetic.

White crystalline powder
(cocaine hydrochloride).

Crack and freebase
are chemically processed
cocaine products which
can be smoked.

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COCAINE

As a hydrochloride (salt) it is usually sniffed, but can also be injected or (as crack or free-base) smoked.

- **EFFECTS** kick in after ca 2–3 mins (nasal) and last around 30–90 mins (much shorter with frequent consumption).
- **TRACEABLE** for up to 3 days (in blood) and 6 days (in urine).

COCAINE ACTS AS A POSITIVE REINFORCER. IT INHIBITS THE REUPTAKE OF DOPAMINE, SEROTONIN AND NORADRENALINE, RESULTING IN A HIGHER CONCENTRATION OF THESE NEUROTRANSMITTERS IN THE BRAIN. FEELINGS OF HUNGER, TIREDNESS AND CAPACITY FOR PAIN ARE SUPPRESSED. THE EFFECT CAN BE EUPHORIC, MOOD BRIGHTENING, ANXIETY REDUCING, SEXUALLY STIMULATING AND CAN ENHANCE CONCENTRATION AND PRODUCTIVITY. HOWEVER, THE MORE FREQUENTLY TAKEN, THE MORE THE HEALTH PROBLEMS INCREASE.

➤ **SIDE EFFECTS**

Increase in heart rate, blood pressure and body temperature. Cardiac arrhythmias, restlessness, chest pain, sleeplessness, increase in aggression, disorientation, delusions possible.

➤ **PARTICULARLY RISKY**

Cardiac problems and anomalies, high blood pressure, epilepsy, hyperthyroidism, depression, anxiety & panic attacks, schizophrenia, diabetes, asthma, liver and kidney disease. Cocaine covers up the effects of other drugs (e.g. alcohol, MDMA) and increases the toxicity – the danger of poisoning is increased.

➤ **POSSIBLE COMPLICATIONS**

Nose bleeds, cramping, anxiety, paranoia. A large overdose can lead to heart attack, stroke or organ failure.

➤ **AFTER EFFECTS AND POSSIBLE CONSEQUENCES**

Proneness to infections, depressed mood, sexual dysfunction, risk of developing a dependency. Damage to the heart and other organs. Significant damage to the septum with long term nasal use.

Cocaine powder is often blended with other psychoactive/stimulant substances (e.g. caffeine, phenacetin) and/or local anaesthetics (e.g. lidocaine, tetracaine). Therefore, an anaesthetic effect does not mean that the cocaine is particularly pure! Levamisol is often added, which has an amphetamine-like effect. These additives place a heavy additional burden on the body, especially when used continuously.

DOSAGE

DETAILS SHOULD BE CONSIDERED WITH PARTICULAR CAUTION DUE TO THE FLUCTUATING PURITY AND TOLERANCE DEVELOPMENT. 50 MG OF HIGH-QUALITY COCAINE CAN BE CONSIDERED AS A MEDIUM DOSE.

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2. AUFLAGE 2023



KETAMINE

K, KETA, KATE, SPECIAL K,
VITAMIN K

Dissociative (distorted sensory
perceptions and coordina-
tion), anti-depressive, analge-
sic (pain relieving), narcotic
(anaesthetic).

White to yellow-ish powder
or clear in liquid form.

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KETAMINE

Comes in two types: “normal” (50:50 R-&S-), and S-ketamine. S-ketamine should be dosed at half that of “normal” K! There are numerous substances similar to ketamine, e.g. methoxetamine (MXE or ‘meta-keta’). ALWAYS FIND OUT EXACTLY WHAT IT IS!

➤ KICKS in after around 5-15 mins (nasal), 2-4 mins (i.m.) or 5-20 mins (oral)

➤ LASTS around 45-60 mins (nasal), 30-60 mins (i.m.) or 90 mins (oral).

DEPENDING ON THE DOSE, KETAMINE CAN RESULT LIGHT UP ‘TIL VERY STRONG CHANGES IN PERCEPTION, AND DISTORTED BODILY PERCEPTION. DREAMY, FRAGMENTED HALLUCINATIONS ARE ALSO POSSIBLE. A ‘K-HOLE’ (FROM A HIGH DOSE) CAN LEAD TO OUT OF BODY EXPERIENCES OR A FEELING OF A DISSOLUTION OF THE SELF. HIGHER DOSES LEAD TO LOSS OF TASTE AND SMELL, AND CAN ALSO CAUSE A LOSS OF ABILITY TO SPEAK OR MOVE. VERY HIGH DOSES CAN LEAD TO LOSS OF CONSCIOUSNESS, WHICH USUALLY LASTS AROUND 45 MINS.

➤ SIDE EFFECTS

Visual disturbances, dizziness, memory problems, problems with coordination and balance, immobility, limited reaction response (dangerous for causing injuries!); motor problems (also in the mouth/throat, swallowing reflex can be impaired), nausea/vomiting; fast pulse, high blood, brain and inner eye pressure. Anxiety and physical agitation can also occur. In case of an overdose: sudden collapse (if eyes are open, danger of the eyes drying out), paralysis, seizures, cardiovascular problems. Falling into a coma is also possible. Respiratory arrest can also occur, as it relaxes the bronchial muscles.

➤ AFTER EFFECTS

Dizziness and feeling weak, light-headed, drowsy, memory loss.

➤ POSSIBLE LONG-TERM EFFECTS

Kidney, brain, and nerve damage. Memory loss, psychosis, incontinence and pain while passing urine (get it checked at the doctor so it doesn't get worse!)

SAFER USE

Only take ketamine in a safe place and with people you trust. Keep away from places/sources of danger. Ideally one person should stay sober who can assist or get help in an emergency.

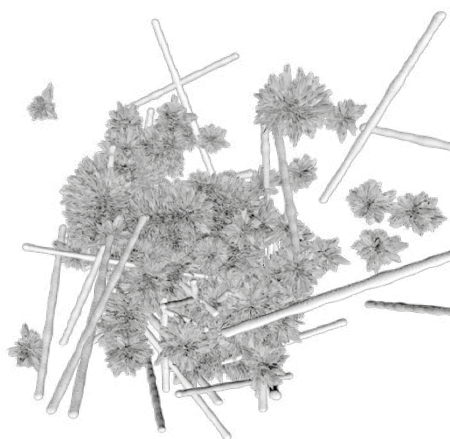
Make sure not to confuse it for other substances (eg. Speed, Coke), mark the bags! Always test a small amount first and wait around 90 mins to check the effect. Ketamine (taken nasally) can already have an effect with a dose of around 0.2 mg per kg in body weight (so with a weight of 60kg, around 12mg). A dose of 1.5-2 mg per kg in body weight, would equate to a full dose with the accordant risks and side effects.

BUT: everyone reacts differently, always dose carefully! If injecting, dose much lower! Make sure to take breaks and wait a while before taking the next dose. Those who are new to Keta or haven't taken it for a while need a much lower dose than those who are regularly using. Pay attention to the safer use rules for snorting and injecting!

Extremely careful if mixing with other downers (alcohol, GHB/GBL and other pain killers or sedatives)!

Also be very careful if mixing with uppers!

Be careful when moving and getting up, the anaesthetic effect can cause accidents. Also take care if eating or drinking – danger of burning yourself, swallowing wrong or choking!



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2. AUFLAGE 2023

CANNABIS

CANNABIS (HEMP)
POT, DOPE, BHANG, GANJA, KIEF

BUDS: WEED, GRASS, MARIJUANA,
MARY JANE. ALSO, NAMES OF
STRAINS ARE OFTEN USED E.G.
PURPLE HAZE, WHITE WIDOW, ETC.
RESIN: HASHISH, HASH. STRAIN
NAMES ARE E.G. BLACK AFGHAN,
ZERO-ZERO.

CAN BE SMOKED (JOINTS, BLUNTS,
PIPES), INHALED (BONGS, VAPES),
EATEN (SPACE CAKES), DRUNK (E.G.
DISSOLVED IN CACAO).

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CANNABIS

> ACTIVE INGREDIENTS

Tetrahydrocannabinol (THC), is what gets you high. Cannabidiol (CBD) isn't psychoactive but relaxing, reduces anxiety and nausea, and is anti-inflammatory. The more THC the plant has, the less CBD and vice versa. Weed varies depending on the strain in the amounts of THC and CBD it has, with up to 30% THC or up to 10% CBD. Aside from these, there are many other, some which are largely uninvestigated ingredients.

> EFFECTS

Depending on dose and quality: 1-5 hrs. (smoked) or up to 10 hrs. (eaten). Depending on the strain, dosage, set and setting, cannabis can be relaxing, calming, and make people feel laid back, but also lightly stimulating, euphoric and mood enhancing, and may have strong psychedelic effects (changes in perception). Generally increases appetite.

WEED OR MARIJUANA (THE BUDS) IS USUALLY GROUND OR BROKEN UP AND THEN SMOKED. IF BEING EATEN, IT FIRST HAS TO BE HEATED UP. HASH COMES FROM THE RESIN FOUND IN THE BUDS, TAKEN AND PRESSED INTO BLOCKS. CANNABIS EXTRACTS (OIL, DABS) CAN CONTAIN EXTREMELY HIGH LEVELS OF THC. BE CAREFUL IF PRODUCING – DANGER OF EXPLOSION!

> SIDE EFFECTS

Increase in heart rate and pulse, fainting, feeling tired, concentration and memory problems. Paranoia and psychosis possible especially with high THC and low CBD strains. To avoid this, a ratio of 1:1 THC and CBD is recommended.

> POSSIBLE LONG TERM CONSEQUENCES

Dependency; lung damage; whether there can be impairment on long term memory is debated. In rare cases losing a sense of reality, personality disorders or schizophrenia can be developed.

> MIXINGS

Intensifies the effect of alcohol and other downers. Nausea and fainting are common. Combining with uppers or psychedelics increases the strain on the circulation system, and intensifies the psychoactive effect, which can lead to increased paranoia and anxiety.

SAFER USE

RESPONSIBLE USE

Keep it limited for certain times and in your free time. Take regular and long breaks. Protect non-smokers.

INFORM YOURSELF

well about the strain and the levels of THC & CBD. Start with a smaller dose of a new batch. Check visually for unusual appearance or other substances. Some-times natural cannabis is cut with synthetic cannabis, too. But it will be hard to tell.

SMOKE PURE. Mixing with tobacco increases the toxic load. Vaping reduces it significantly. Bongs however aren't safer, but the most harmful way to smoke.

EATING is the healthiest way for the body. Be careful with the dose and don't take more too soon – takes up to ca. 3hrs. to hit.

AVOID INHALING TOO DEEPLY. It's been proved to be significantly more damaging, but not more effective.

CHARCOAL FILTERS filter out some of the toxic substances. Cellulose rolling papers give off less black smoke.

SHARE WITH CARE. Think about who you want to share your joint with. Viruses are passed on this way.

Cannabis is often thought of as low risk, and can be underestimated. Don't have it when driving, at school or work etc., during pregnancy or breast feeding, or if you have a family history of psychosis or schizophrenia.

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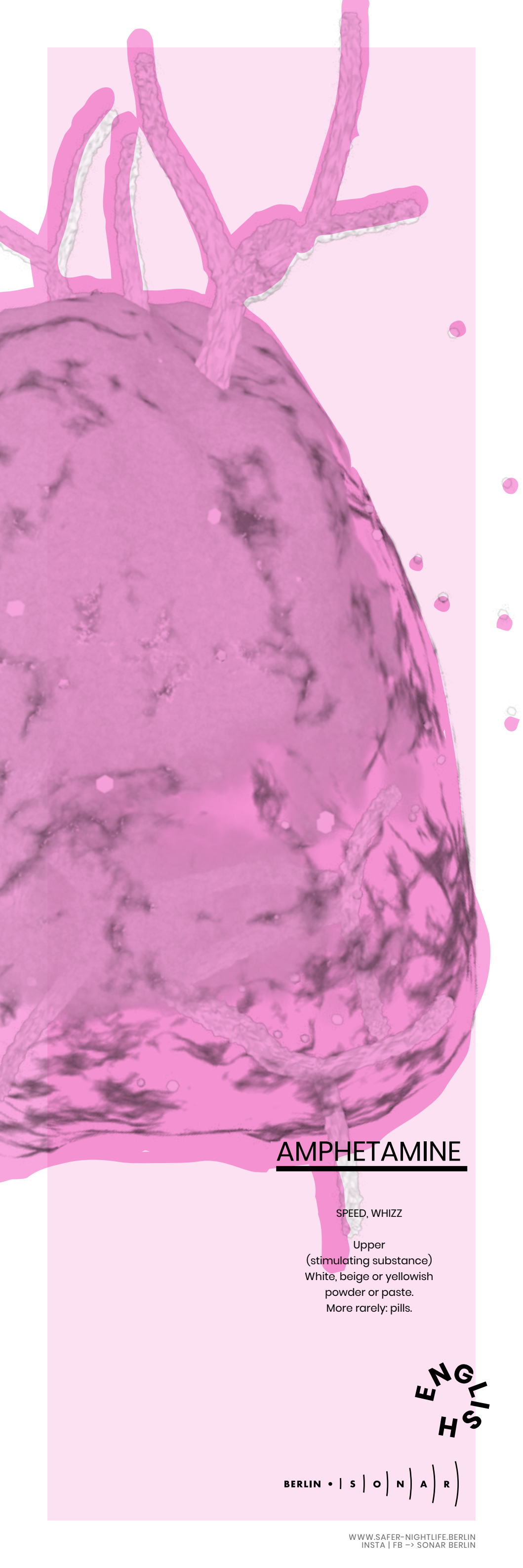
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2. AUFLAGE 2023



AMPHETAMINE

SPEED, WHIZZ

Upper
(stimulating substance)
White, beige or yellowish
powder or paste.
More rarely: pills.

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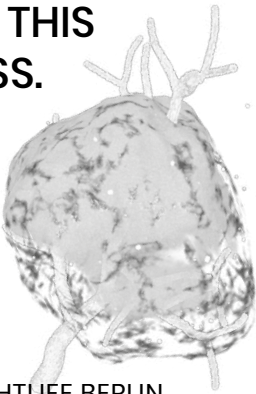
AMPHETAMINE

Amphetamines are synthetic stimulants, often cut with other substances such as caffeine, ephedrine, sugars (e.g. glucose / lactose). Usually snorted, but can also be swallowed or injected.

► THE EFFECTS kick in after around 2-10 mins (snorting), or 30-60 mins (orally). They usually last for ca. 4-6 hrs., but can be significantly longer, depending on the dosage and the person.

► CAN BE DETECTED up to 48 hrs. (in blood) or up to one week (in urine).

SPEED RELEASES DOPAMINE AND NORADRENALINE IN THE BRAIN, PUTTING THE BODY INTO A STATE OF EMERGENCY (FIGHT OR FLIGHT). BASIC NEEDS SUCH AS EATING, DRINKING, AND SLEEP ARE SUPPRESSED, AND THE PERFORMANCE CAPACITY INCREASES. THE BODY'S RESERVES IN ENERGY ARE USED UP THROUGH THIS PROCESS.



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► SIDE EFFECTS

Dilated pupils, dry mouth, increased level in blood sugar, nausea, headaches, racing heart, increase in blood pressure, raised temperature, sweating, cramps, jaw grinding, stomach ache, joint pain, restlessness, increase in aggression and willingness for risky behaviour.

► PARTICULARLY RISKY

The effects of alcohol aren't as noticeable when you take speed (danger of alcohol poisoning). Mixing speed with other stimulants and cannabis is especially taxing for the cardiovascular system. People with glaucoma, cardiovascular problems, epilepsy or susceptibility to mental health problems are particularly at risk when using speed.

► POSSIBLE COMPLICATIONS

Hallucinations (especially after being awake for a long time), acute psychosis, cardiovascular failure, possibility of stroke.

► AFTER EFFECTS

Exhaustion, increased need for sleep, depressed mood, irritability, food cravings.

► POSSIBLE LONG TERM CONSEQUENCES

Damage to the nasal lining, skin inflammation, sleep problems, weight loss, weakened immune system due to lack of sleep and lack of vitamins and minerals, high blood pressure, paranoia/psychosis; dependency.

SAFER USE

Think about how long you want to be awake for, and plan your last line accordingly. As speed is usually cut with other substances, information on dosing is difficult.

Doses above 40mg are generally considered strong, however doses under 25mg have also in some cases shown to be problematic. Use drug checking if possible. If not available, test a small, finely ground amount first (orally) and wait at least 90 mins. Work up in small steps to the desired dose.

SNORTING

Crush it as small as possible. Don't share your snorting tube (risk of infection). Take care of the lining of your nose with saline solution and nose cream.

ORAL

To protect your nose, you can take speed in a capsule or wrapped up in paper. It will take longer to kick in this way – be patient!

Drink enough water or other non-alcoholic drinks (around 0,5l per hour). Avoid alcohol or keep it to a minimum. Have chewing gum with you for the jaw grinding!

Avoid cramps and overheating: take regular breaks, cool down. Eat and sleep enough to build up your reserves again!

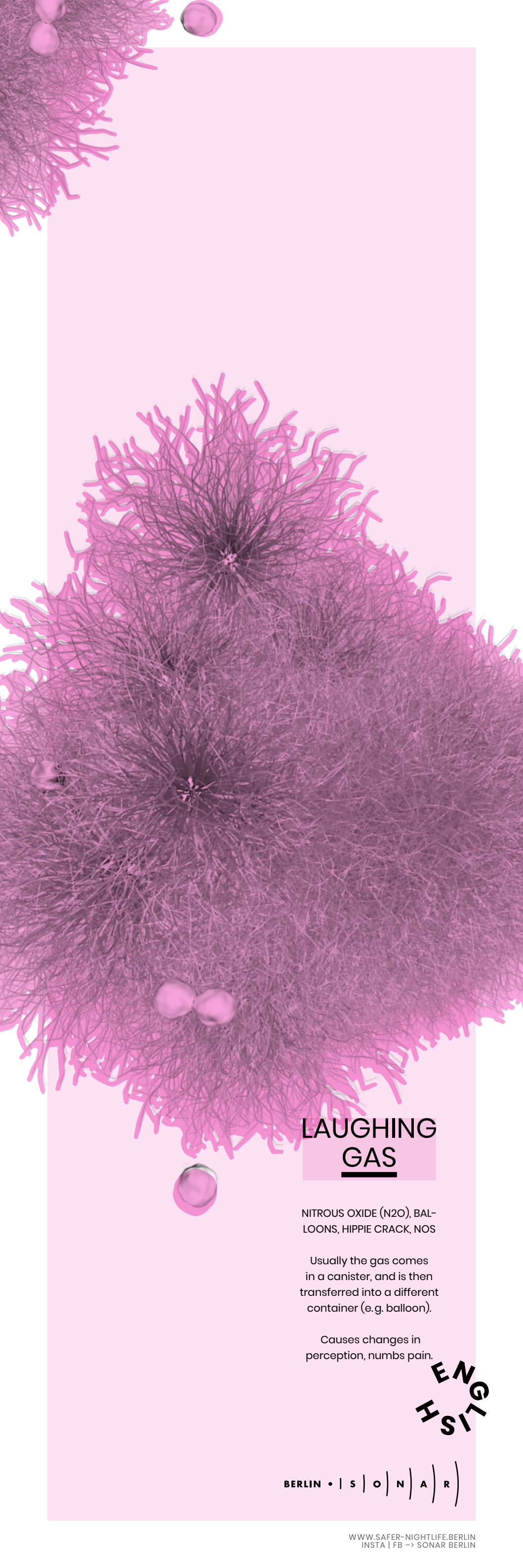
Inform yourself about possible interactions with any of your medications. Don't take speed if you are pregnant or breastfeeding. If you're feeling bad for a long time, having increasing cramps or overheating: get medical help. Staff and emergency services are there to help you!

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LAUGHING GAS

NITROUS OXIDE (N₂O), BAL-
LOONS, HIPPIE CRACK, NOS

Usually the gas comes
in a canister, and is then
transferred into a different
container (e.g. balloon).

Causes changes in
perception, numbs pain.

ENGLISH

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LAUGHING GAS

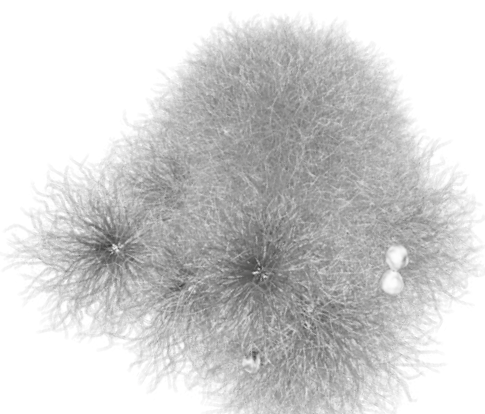
Laughing gas is a colourless gas with a slightly sweet taste. It's approved as a food additive and is used for example in cans of whipped cream. Gaseous upon release. The environment thereby cools down.

LAUGHING GAS HAS QUICK ACTING ANTI-DEPRESSIVE EFFECTS, REDUCES ANXIETY AND ALCOHOL AND OPIATE WITHDRAWAL SYMPTOMS. FOR GETTING HIGH, IT'S USUALLY FILLED INTO BALLOONS AND INHALED. THE HIGH STARTS IMMEDIATELY AFTER INHALATION AND LASTS FROM A FEW SECONDS TO 2 MINUTES.

IT CAN LEAD TO FEELINGS OF EUPHORIA, INCREASED EMPATHY, JOVIALITY AND SPONTANEOUS LAUGHING.

YOU CAN FEEL DETACHED FROM TIME AND SPACE OR LOSE SENSE OF YOURSELF. SENSORY STIMULUS IS PERCEIVED AS INTENSIFIED OR DISTORTED. THE VOICE GETS DEEPER.

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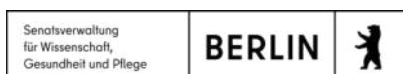
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> DETECTABILITY

Floods into the brain quickly after inhalation, and is also quickly breathed out again through the lungs. There aren't any tests to routinely trace it in the body.

> SIDE EFFECTS

Decrease in the contraction force of the heart muscle, loss of larynx reflex, short term memory loss, lack of attention, circulation problems, drowsiness, dizziness, passing out (rare), nausea and vomiting, pressure increase in bodily cavities (e.g. middle ear, gut).

> INTERACTIONS

Laughing gas strengthens the effect of other downers like G, keta, opioids, benzos and alcohol. Also strengthens the effects of psychedelics. The stimulation of the sympathetic nervous system can be increased when combined with uppers (cocaine, amphetamine). Naloxone decreases the pain relieving effect of laughing gas. Mixing keta and laughing gas results in higher neurotoxicity. Laughing gas increases the inhibitory effect of MTX (a cancer medication) on the folic acid metabolism.

> CONTRAINDICATIONS

Hypersensitivity, lung disease, impaired respiratory function, cardiovascular problems, head injuries, increased cranial pressure, middle ear problems, gut problems, diving, vitamin B12 and folic acid deficiency, pregnancy or planning to get pregnant, breast feeding.

> POSSIBLE LONG TERM CONSEQUENCES:

Inhibition of the folic acid metabolism. Large amounts can cause bone marrow damage, changes in the blood count, and damage to peripheral nerves. Psychological dependency (rare).

SAFER USE

AVOID all contact of the fluid form or the release valve with skin, eyes, lips (danger of serious frost bite, eye damage).

TAKE LONG BREAKS in between consuming to avoid developing dependency and tolerance. Continual or frequent use of laughing gas can lead to a life threatening shortage of oxygen in the brain and other organs (hypoxia).

ONLY USE medical grade or food grade gas.

CONSUME it sitting or lying down (danger of falling).

USE TALCUM FREE balloons, make sure you get air in between & don't have the whole balloon at once, don't inhale large amounts of pure laughing gas.

• If necessary, monitor the oxygen saturation of the blood with a pulse oximeter.

If you experience numbness in the fingers, go to the doctor – first sign of nerve damage.

Air out the room well. Don't store the gas above 36°C and keep away from fire or other sources of ignition. Never mix with flammable gases such as butane.

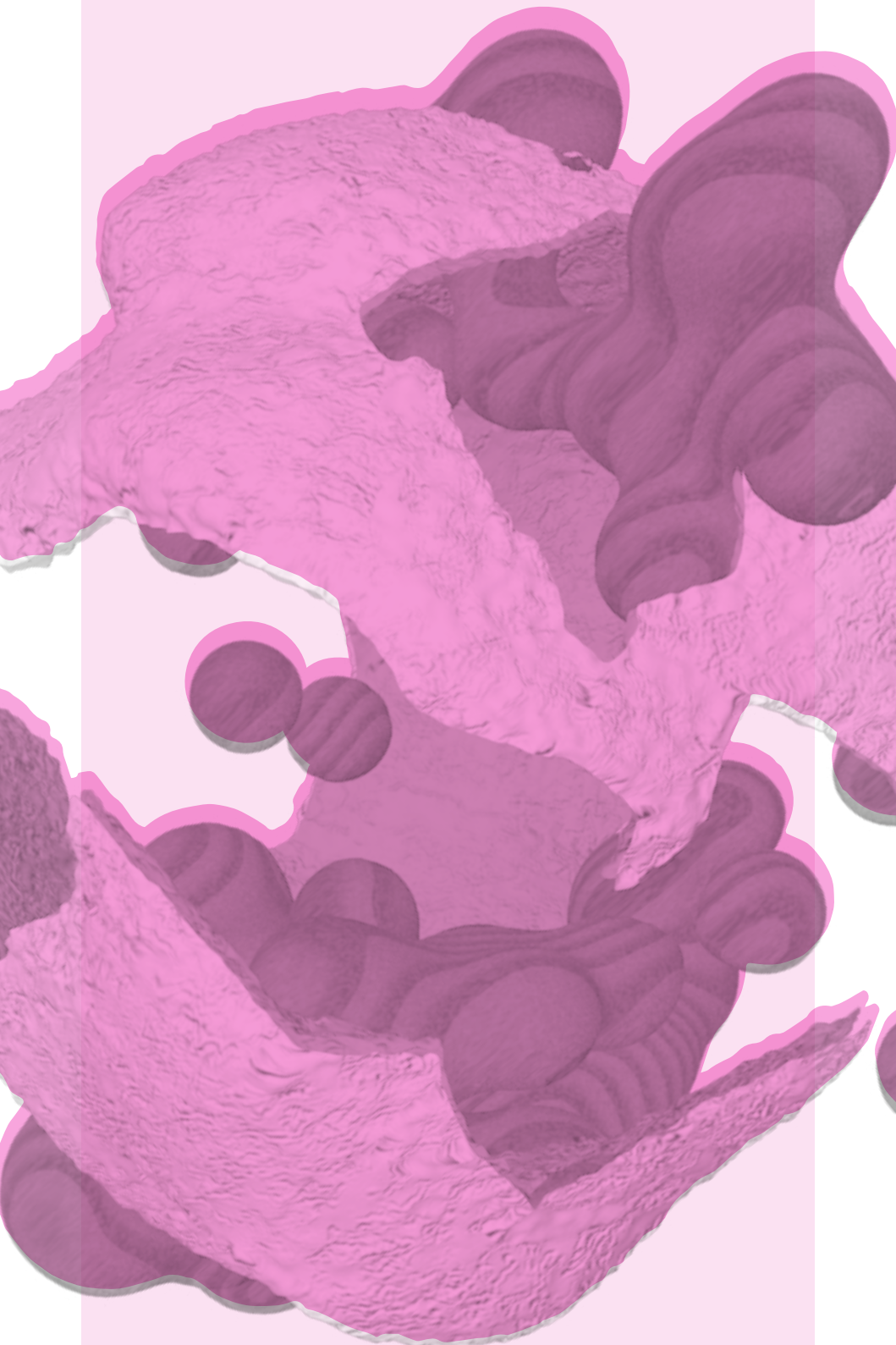
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HAFTUNGSAUSSCHLUSS: DIESER FLYER IST KEINE AUFFORDERUNG ODER ANREGUNG ZUM KONSUM VON BETÄUBUNGSMITTELN UND AUCH KEINE AUFFORDERUNG ZUM DROGENGEBRAUCH NACH § 29 ABS. 1 NR. 12 BTMG

2. AUFLAGE 2023



LSD

- TRIP, ACID, LUCY -

Clear, odourless
and tasteless liquid.

Usually taken as small squares
of paper with pictures
on (tabs) or in a solution
(liquid acid), sometimes
as very small pills
(micro dots).

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LSD

LSD (Lysergic acid diethylamide) is a powerful hallucinogenic drug, usually swallowed as tabs or dropped onto the tongue as a liquid.

Unlike most other substances, an effective dose is around 25 µg (25 millionth of a gram)

- EFFECTS KICK IN after 20 mins – 1h, full effect after 1–2 hrs (oral consume).
- EFFECTS LAST 6–12hrs with an average dose, up to 24 hrs with a strong dose.
- DETECTABILITY up to 12hrs (in blood), up to 5 days (in urine).

LSD CAN CAUSE CONSIDERABLE CHANGES IN PERCEPTION. THE SENSES (VISUAL, AUDITORY, OLFACTORY, TOUCH) ARE INTENSIFIED OR INTERPRETED DIFFERENTLY THAN USUAL. HALLUCINATIONS CAN OCCUR (EG. MORPHING, THINGS BLENDING INTO ONE ANOTHER, SEEING SOUNDS AS COLOUR ETC.). BECAUSE OF THIS, A NEW PERCEPTION OF REALITY CAN BE DISCOVERED. THE EXPERIENCE IS HOWEVER, HEAVILY INFLUENCED BY SET (INNER STATE) AND SETTING (ENVIRONMENT).

➤ SIDE EFFECTS

Rise in blood pressure, heart rate, breathing and body temperature, dilated pupils, nausea, dizziness, sweating, disorientation, difference in reaction time, decrease in ability to judge risks, sensory overload, anxiety / paranoia (having a 'bad trip'), sleeplessness. Negative or traumatizing experiences which were previously repressed can come to the surface, underlying mental health problems can arise (also with one time consume). High tolerance development.

➤ PARTICULARLY RISKY FOR

those with mental health problems, those with high blood pressure, pregnant women.

➤ AFTER EFFECTS AND POSSIBLE CONSEQUENCES

The effect of LSD wears off slowly and can come back in waves even stronger after the initial peak. The senses normalise at different rates and you may need hours or even days to process the experience.

In extreme cases, mental disorders or psychosis can occur (and be long lasting) – in which case psychological or medical attention is required.

➤ DOSING

As an orientation: around 1 µg (microgram) per kg in body weight can be the crossing over into a strong dose. It is essential to dose carefully and handle individually.

SAFER USE

Inform yourself as much as possible about the dosage of your substances!

Take note: an intense experience doesn't necessarily depend on a high dosage. Low doses can also lead to difficult experiences and psychological crisis.

Don't take LSD if you're feeling physically or mentally unwell! Make sure you're in a good setting – only take LSD in a place you feel safe and with people you trust – in the best case someone stays sober, who can stay calm and get help in case of an emergency. Plan enough time for the come down. LSD usually covers over the effect of other drugs – so there is a danger of overdosing and a higher risk for a difficult trip or seizures.

Take enough time to process the experience – and don't take it again until having a long break in between.

If someone is struggling, getting anxious or having a difficult experience, bring them to a calm environment and try to get their focus on familiar and calming things – breath, bodily sensations, basic needs, etc.

In case of psychosis or seizures, get medical help immediately!



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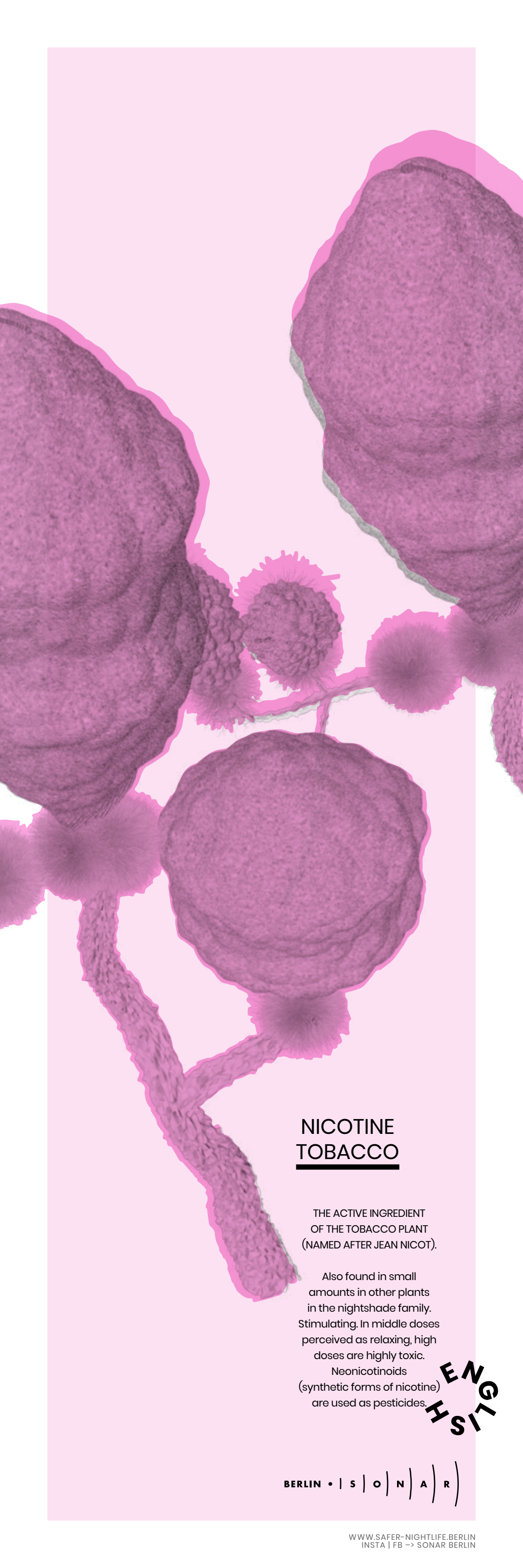
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2. AUFLAGE 2023



NICOTINE TOBACCO

THE ACTIVE INGREDIENT
OF THE TOBACCO PLANT
(NAMED AFTER JEAN NICOT).

Also found in small
amounts in other plants
in the nightshade family.
Stimulating. In middle doses
perceived as relaxing, high
doses are highly toxic.

Neonicotinoids
(synthetic forms of nicotine)
are used as pesticides.

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NICOTINE

› EFFECTS

Nicotine releases adrenaline, dopamine, serotonin, beta-endorphins and vasopressin. The blood pressure and heart rate is increased. Memory, concentration, psychomotor skills, attention and stress tolerance are increased in the short term. The release of stress hormones causes a spike in blood sugar and increase in metabolism. Hunger is also repressed.

NICOTINE IS THE MAIN ACTIVE INGREDIENT IN TOBACCO, WHICH IS A PLANT IN THE NIGHTSHADE FAMILY. TRADITIONALLY, PURE TOBACCO WOULD BE SMOKED IN PIPES OR ROLLED INTO CIGARS. SINCE THE INVENTION OF THE CIGARETTE, INCREASING NUMBERS OF ADDITIVES ARE FOUND IN TOBACCO PRODUCTS: SUGAR, GLYCERIN, MINERAL OILS, AROMATIC ADDITIVES, SOLVENTS. TAR, CARBON MONOXIDE, BENZOYL, CADMIUM, NITROSAMINE, HYDROGEN CYANIDE, AND NITROGEN ARE RELEASED THROUGH BURNING IT. TOBACCO PRODUCTS ARE LEGAL, BUT NOT THEREFORE LESS DAMAGING OR RISKY TO THE HEALTH THAN ILLEGAL DRUGS. SELLING OR SUPPLYING TOBACCO IS SUBJECT TO THE LAW FOR THE PROTECTION OF MINORS, AND IS THEREFORE PROHIBITED. THE NON-SMOKING PROTECTION ACT PROHIBITS SMOKING IN A LOT OF PUBLIC PLACES.

› SHORT-TERM SIDE EFFECTS WHEN SMOKING OCCASIONALLY

lowering of blood pressure & body temperature, headache, nausea, dizziness. When smoking regularly: increased activity in the gastrointestinal tract due to the increased release of adrenaline and the narrowing of blood vessels. The disrupted transport of oxygen results in shallower breathing and higher rate of breath (shortness of breath).

› LONG-TERM SIDE EFFECTS

Damage to the respiratory tract such as bronchitis, persistent coughing (smoker's cough), lung cancer. After quitting smoking, the lungs can usually (partially) regenerate. Erectile dysfunction, impotence and infertility, stomach problems, chronic gastritis, limitation of taste and smell, teeth colouration. Tar depositing in the blood vessels, resulting in an increased risk of heart attack, stroke or thrombosis. Smoker's leg (arteriosclerosis). Limited physical capability, nervousness, weakened immune system, periodontal disease, psychological dependency. The physical withdrawal from nicotine takes just a few days. The psychological withdrawal can last a few months and can bring distress, anxiety, sleeplessness, restlessness and weight gain with it.

› PARTICULAR RISKS

People with cardio-vascular problems, increased risk of heart attack, or lung or respiratory problems (asthma, bronchitis) should avoid smoking or smoke as little as possible.

› INTERACTIONS

Nicotine, like other uppers, increases the heart rate and blood pressure. Combining uppers increases the risk of heart attack or stroke. Nicotine is stimulating and therefore reduces the calming and pain relieving effects of downers. Nicotine covers up the effect of cannabis. If smoking cannabis, then better pure.

SAFER USE

If you do smoke, do it with awareness and try to keep your consume under control. Don't smoke on an empty stomach! Choose less risky ways of smoking: E-cigarettes and vapes reduce the toxic load. That is a fact – even if reliable long-term studies are still lacking.

Shishas/hookahs are the most damaging way to smoke, and shouldn't be used regularly. Carbon monoxide is released from the burning coal – make sure to ventilate well! If you smoke tobacco, active charcoal filters filter out some of the toxic substances. Without any type of filter is most dangerous. Use thinner rolling papers.

Don't expose non-smokers to your smoke, especially children, people with allergies or asthma.

Make sure you put your cigarette out properly – fire hazard. Cigarette butts are extremely damaging to the environment – make sure you put them in the general waste bin!

Want to quit? Nicotine plasters, chewing gum and chewing tobacco can help with cutting down or quitting.

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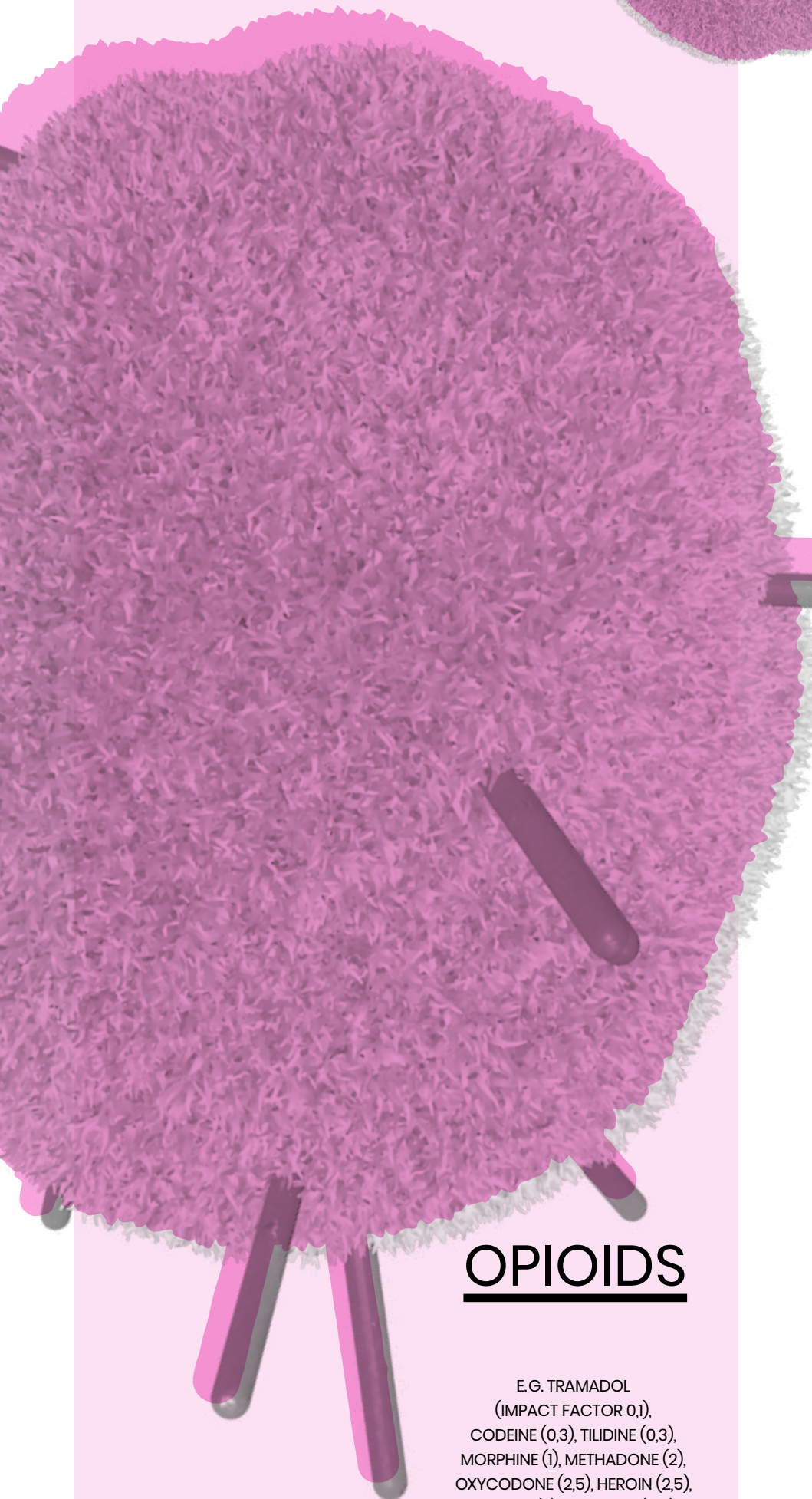
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OPIOIDS

E.G. TRAMADOL
(IMPACT FACTOR 0,1),
CODEINE (0,3), TILIDINE (0,3),
MORPHINE (1), METHADONE (2),
OXYCODONE (2,5), HEROIN (2,5),
U-47700 (8), FENTANYL (100),
CARFENTANIL (7500)

Available as tablets, drops,
suppositories, solution
(for injecting), plasters
or powder.

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OPIOIDS

The term opioids covers all substances which activate the opioid receptors in the body. As medications they are used for their pain killing and sedative effect, for relieving coughing, and to prevent and treat the effects of trauma.

Opioids generate feelings of euphoria. You can quickly develop a tolerance, which means needing to take more to get the same effect. Opioids vary extremely in their potency, meaning which dosage results in a certain effect. Overdosing can lead to respiratory depression or respiratory failure.

> DETECTABILITY

a few hours (in blood),
1-4 days (in urine). Differs largely!

> SIDE EFFECTS

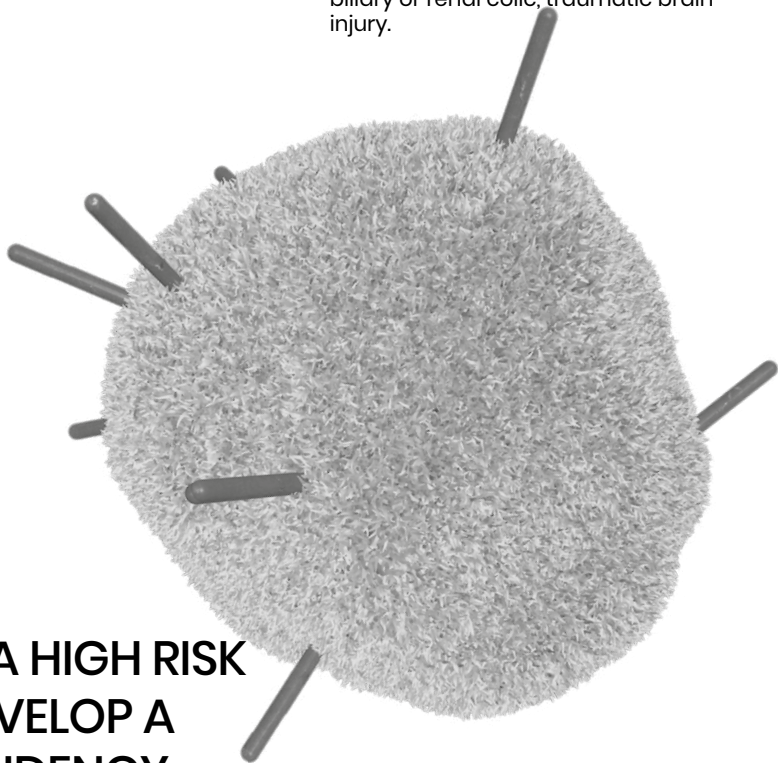
Nausea, vomiting, hyperthermia, urinary retention, constipation, confusion, hallucinations, sleepiness, drowsiness, constriction of pupils, itching, low blood pressure, menstrual disturbance, developing a tolerance, mental and physical dependence, respiratory depression.

> INTERACTIONS

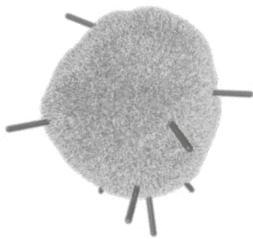
Medications that effect the central nervous system can interact with opioids and cause respiratory depression, amongst other things. This includes: sedatives, hypnotics, phenothiazine, neuroleptics, antidepressants, antihistamines, antiemetics, MAO inhibitors, alcohol, CYP inhibitors and CYP inducers. Certain substances like Tramadol can interact with serotonergic substances (e.g. MDMA, cocaine) and cause danger of developing serotonin syndrome.

> CONTRAINDICATIONS

Hypersensitivity, being treated with MAO inhibitors, respiratory insufficiency, COPD, chronic inflammatory bowel disease, impaired respiratory function, biliary or renal colic, traumatic brain injury.



THERE IS A HIGH RISK
TO DEVELOP A
DEPENDENCY.
WITH REGULAR USE,
STRONG PHYSICAL
AND PSYCHOLOGICAL
WITHDRAWAL
SYMPTOMS OCCUR
AFTER STOPPING
TAKING THEM.



SAFER USE

PARTICULARLY RISKY: OPIOIDS SHOULD NEVER BE COMBINED WITH OTHER SUBSTANCES THAT ALSO RESULT IN RESPIRATORY DEPRESSION, E.G. BENZOS, G, ALCOHOL, OR KETAMINE.

Opioids aren't party drugs. If you do decide to take them, inform yourself as much as possible, e.g. read the package leaflet thoroughly (also available on the internet), or look up information specific to the substance. Make sure you are in a safe place and that someone is there who can help in case of respiratory depression.

Take regular breaks between consuming to avoid developing a tolerance and dependency.

If you take opioids again after a long break – take an especially low dose!

Be extremely careful if mixing with other substances!

Opioid analgesics should only be taken under medical supervision. Do not exceed the maximum dose. Don't crush tablets: this can deactivate the delay and it's possible to overdose.

Injecting is the most risky way to consume. If you do, always (!) use your own clean and new equipment. Use consumption rooms so you can be helped in case of emergency. Change to smoking or snorting to lower the risks.

Get information (e.g. in a drug counselling center) about how to use the antidote naloxone (available as a nose spray).

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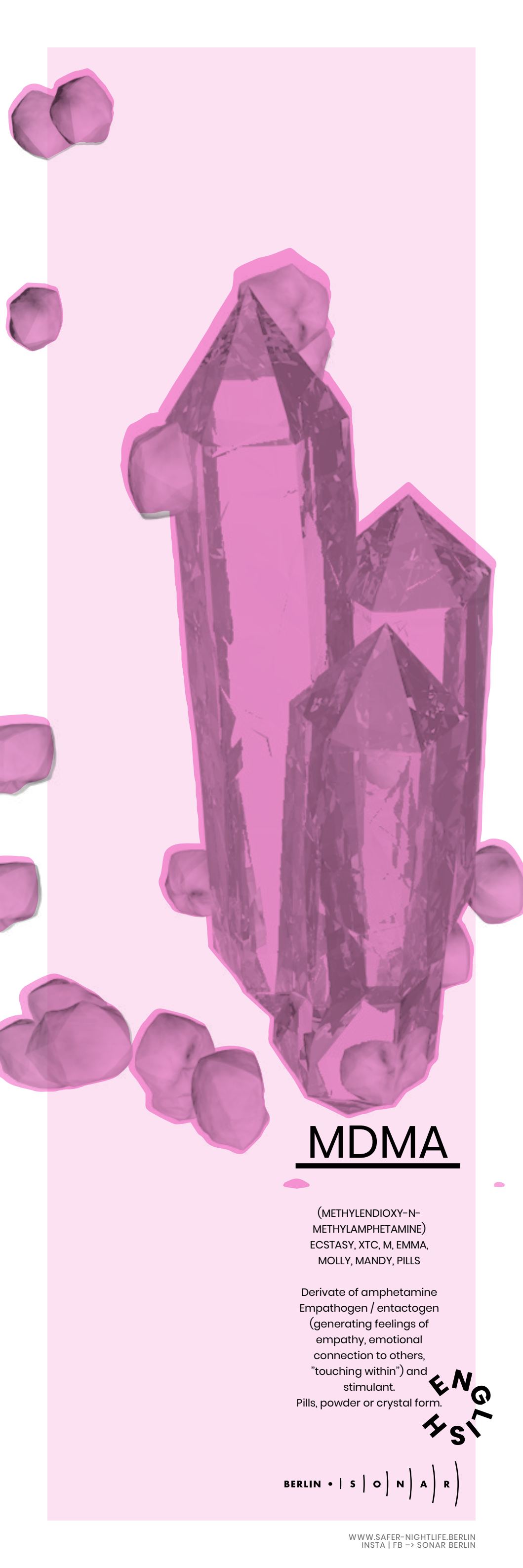
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2. AUFLAGE 2023



MDMA

(METHYLENEDIOXY-N-METHYLAMPHETAMINE)
ECSTASY, XTC, M, EMMA,
MOLLY, MANDY, PILLS

Derivate of amphetamine
Empathogen / entactogen
(generating feelings of
empathy, emotional
connection to others,
"touching within") and
stimulant.

Pills, powder or crystal form.

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MDMA

The colour of it doesn't tell you anything about the quality.

Warning: Pills and powder can have extremely different amounts of MDMA and other higher risk substances!

Snorting MDMA has a faster and more intense effect compared to swallowing "dabbing" – dose lower! Snorting damages the lining of the nose and increases risk of infections.

› EFFECTS

kick in after ca. 20-45 mins (oral) or 4-15 mins (nasal)
Effects last ca. 4-6 h (oral) or 1-4 h (nasal)

› DETECTABILITY

up to 1 day (in blood),
up to 4 days (in urine)

MDMA RELEASES
SEROTONIN,
NORADRENALINE
AND DOPAMINE IN
THE BRAIN.
IT BLOCKS THE
REUPTAKE AND
BIOSYNTHESIS OF
SEROTONIN:
FOR A FEW WEEKS
THE BODY WILL
HAVE LESS
"HAPPY HORMONES"
AVAILABLE.



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› SIDE EFFECTS

increases blood pressure, heart rate and body temperature, dry mouth, cramps, jaw grinding / "gurning", headaches, sweating, nausea, dilated pupils (through disturbance in the light/dark adjustment in the eye).

› HIGHER RISK

for those with high blood pressure, cardiovascular problems, hyperthyroidism, liver / kidney problems, asthma, epileptics, boosted HIV treatment. Warning: a large amount of people are extremely sensitive to the effect of MDMA and react differently to others. Regardless of body weight, women more often experience dangerous physical complications from high doses.

› POSSIBLE COMPLICATIONS

Lung damage, seizures, "water poisoning", circulatory problems, sudden cardiac death, problems with concentration and perception, anxiety, paranoia, hallucinations.

› AFTER EFFECTS

agitation, irritability, depressed mood, exhaustion, lack of concentration, fatigue (symptoms can last over a few days).

› POSSIBLE LONG TERM CONSEQUENCES

short-term memory problems, physical exhaustion, concentration problems, sleep disturbance, damage to stomach lining, heart, kidneys and liver. Developing a tolerance and psychological dependence.

SAFER USE

Inform yourself as much as possible about the dose in your pill, use drug checking if available. Test a small amount of new supplies beforehand and check your reaction for 2 hours. If you're not sure about the contents of your pills, don't take more than a quarter and wait at least 2 hours before topping up.

ESPECIALLY RISKY

Doses above 1,2 mg per kg of bodyweight, and doses above 120 mg in total. No dose is risk free – it's better to dose low in general and especially if it's your first time!
Enjoy the effect wearing off – what goes up must come down!
Drink a sensible amount of water (guideline: 0,5l an hour), in small regular sips, and avoid alcohol.
Be extra careful when mixing with other drugs, especially other uppers, opiates, laughing gas, or alcohol.
Inform yourself beforehand about possible interaction with medications.
Take regular breaks, avoid overheating, cool down (but not too much: don't catch a cold!)

Take time to recover, catch up on sleep and wait a good few weeks 'til the next one.

IF YOU CONTINUE TO FEEL UNWELL, ARE GETTING INCREASINGLY FREQUENT CRAMPS AND OVERHEATING: SEEK MEDICAL ATTENTION IMMEDIATELY.

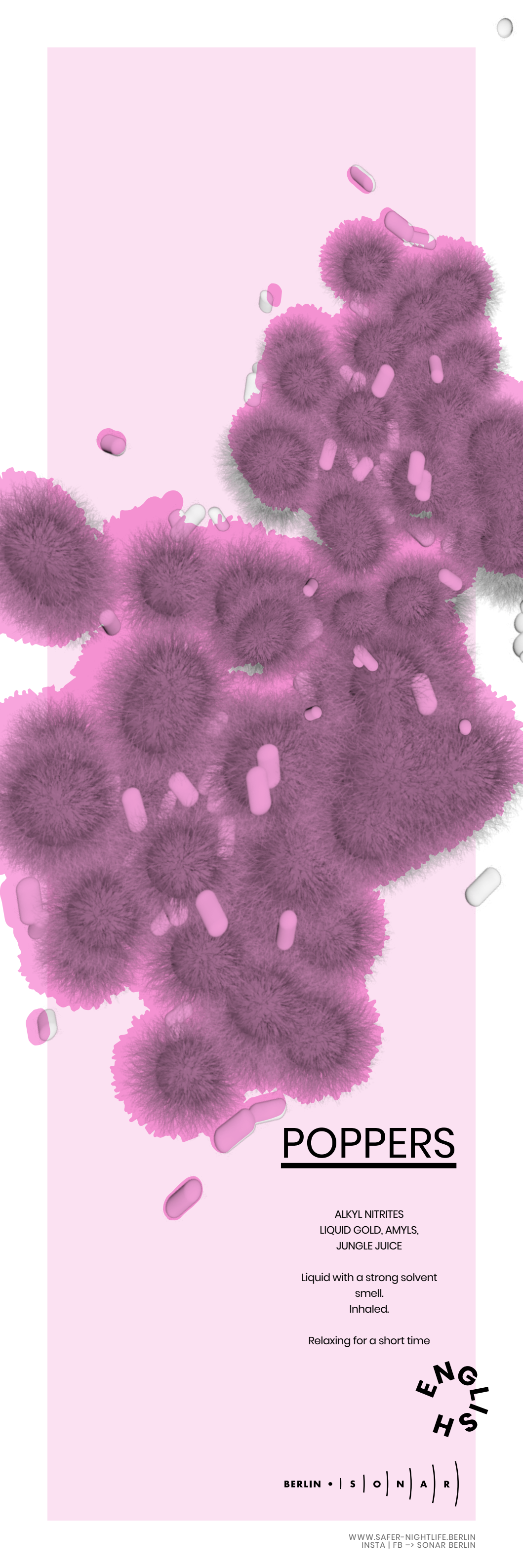
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2. AUFLAGE 2023



POPPERS

ALKYL NITRITES
LIQUID GOLD, AMYLS,
JUNGLE JUICE

Liquid with a strong solvent
smell.
Inhaled.

Relaxing for a short time

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POPPERS

Poppers is the general term for inhalants from the group of alkyl nitrites. The liquids are colourless or yellowish, easily vapourisable and flammable. They are usually sold as small bottles in sex shops or on the internet with brand names like ‘Rush’, ‘Liquid Gold’ or ‘Jungle Juice’.

➤ EFFECTS

kick in after ca. 15 seconds

➤ LASTS

max. ca. 3 min.

➤ DETECTABILITYS

There is no general test to detect poppers.

➤ SIDE EFFECTS

Drop in blood pressure, palpitations, transient visual disturbances, increased intraocular pressure. Heat sensations, headache, dizziness, fainting, nausea, vomiting. Impairment of memory and motor skills. Concentration problems and limited performance even on the following day. Oxygen deficiency possible.

➤ CONTRAINDICATIONS

Do not consume if you have pre-existing cardiovascular conditions, cardiac arrhythmias, heart valve defects, weakened heart muscle, concussions /traumatic brain injury, arterial dilatation, or glucose-6-phosphate dehydrogenase deficiency. Increased risks for people with anemia, low blood pressure, epilepsy, glaucoma.

➤ POSSIBLE LONG TERM CONSEQUENCES

Stress on the immune system. Permanent visual deterioration due to retinal damage. Damage to the genetic material, occurrence of adenomas and cancer (the more consumed, the higher the probability).

SAFER USE

Use poppers as infrequently and as little as possible. Never drink poppers – this is life threatening!

In case of swallowed unintentionally: drink water immediately and don't try to throw up (danger of chemical burn to the oesophagus). Call an ambulance immediately!

Avoid all contact with skin, mucous membrane and eyes. If contact occurs, keep the area under cold running water for at least 20mins and call a doctor. Poppers (liquid and vapour) are flammable. Be careful with lighters, cigarettes, candles etc. Don't inhale straight from the bottle. Put a couple of drops on a cloth and carefully inhale, avoiding contact with skin. Make sure you get enough fresh air (oxygen). Be especially careful when trying for the first time or trying a new type.

For many users, poppers are sexually stimulating. The ability to self control may be impaired – so make sure to adhere to safer sex rules and boundaries. If long lasting visual problems occur, stop the use of poppers. If the visual impairment lasts for more than a few days, go to an eye doctor.

In the case of a light overdose and circulatory problems, get fresh air. In the case of a more serious overdose (skin colouration, collapsing / passing out) call the emergency services (112)! Don't consume poppers if pregnant or breastfeeding.

PARTICULARLY RISKY

Mixing with impotence medication, continuous use, having sex only whilst using poppers.

ALKYL NITRITES
RELEASE NITRIC
OXIDE (NO) IN THE
BODY, WHICH HAS
MUSCLE-RELAXING,
BLOOD PRESSURE-
LOWERING,
PAIN-INHIBITING
AND SEXUALLY
STIMULATING
EFFECTS. POPPERS
DAMAGE THE SKIN,
MUCOUS MEMBRANES
AND EYES ON
DIRECT CONTACT!

DESIGN GONDORDE

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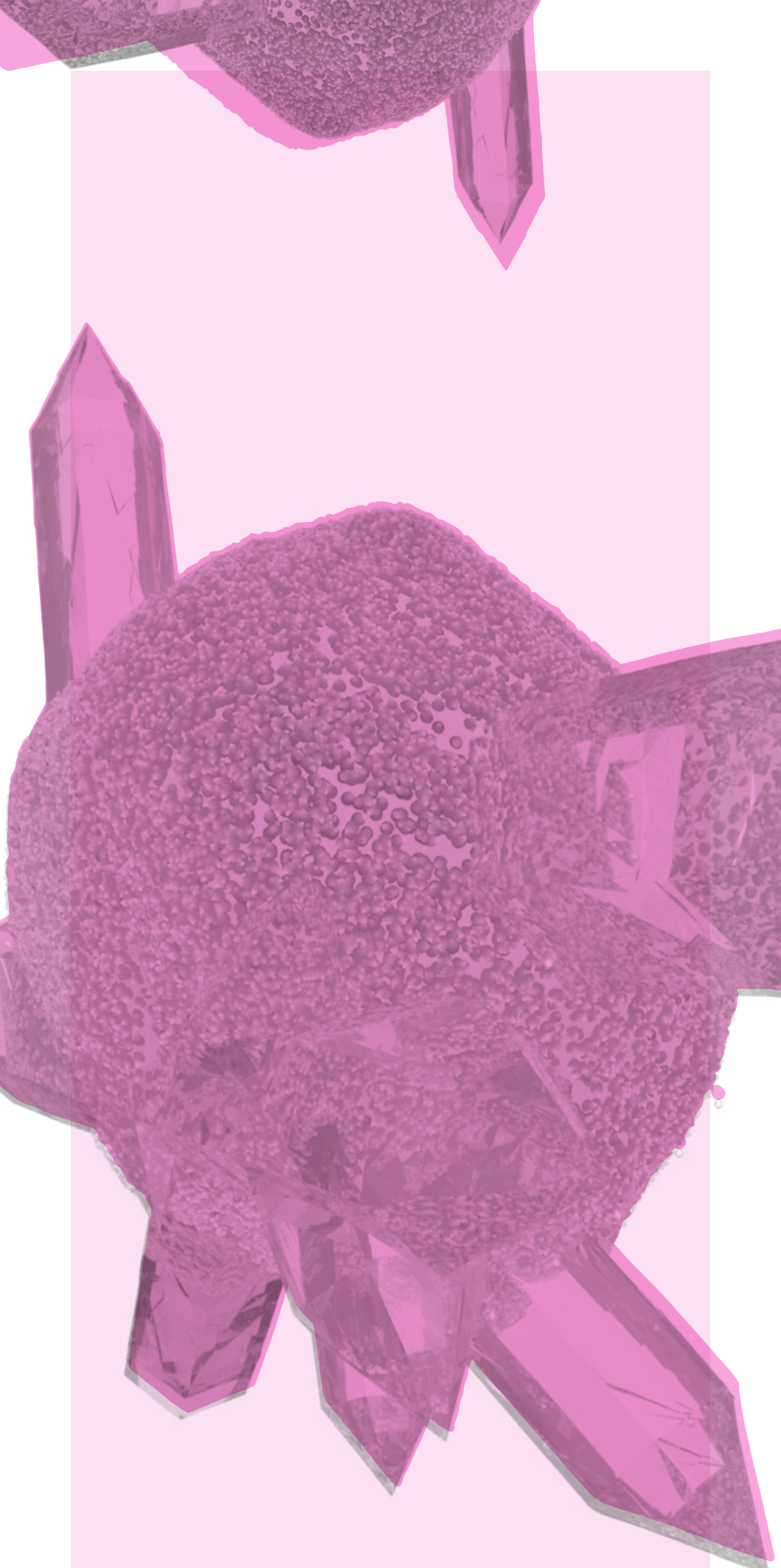
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ALCOHOL

ALCOHOL
(ETHANOL, ETHYLALCOHOL)
- BOOZE -

Relaxes, reduces anxiety,
boosts mood, lowers
inhibitions, numbing.

Available as beer,
wine/sparkling wine,
liquor and spirits.

ENGLISH

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ALCOHOL

Alcohol use is widespread in many countries. Alcohol is poison for cells and nerves. It is the drug that causes the highest amount of social damage. In Germany, beer, wine and sparkling wine are available from the age of 16, and liquor and spirits from 18 years and over.

LOW DOSES REDUCE THE ABILITY TO REACT AND COORDINATE. MAY ALSO INCREASE SOCIABILITY, SEXUAL DESIRE, AGGRESSION AND THE WILLINGNESS TO TAKE RISKS.

HIGHER DOSES IMPAIR CONCENTRATION AND COORDINATION. SEDATIVE AND NUMBING EFFECT. ALCOHOL POISONING, COMATOSE STATES AND DEATH (DUE TO RESPIRATORY PARALYSIS) ARE POSSIBLE.

PARTICULARLY RISKY FOR: THOSE WITH MENTAL HEALTH PROBLEMS, LIVER, KIDNEY OR STOMACH PROBLEMS, DIABETES OR CARDIOVASCULAR PROBLEMS. NEGATIVE IMPACT ON THE DEVELOPMENT OF THE BRAIN, THUS YOUNG PEOPLE SHOULDN'T DRINK ALCOHOL, OR IF SO THEN ONLY A VERY SMALL AMOUNT.

> AFTER EFFECTS

Feeling weak, irritable, headaches, nausea.

> POSSIBLE CONSEQUENCES

Long term use can result in damage to the liver, stomach, heart, and pancreas. Increased risk of cancer, weakened immune system, possible decrease in mental abilities, sleep problems, irritability, impotence/ infertility. Risk of mental and physical dependence with withdrawal symptoms such as shaking, sweating, malaise, restlessness, anxiety etc. Alcohol withdrawal without medical supervision can be deadly.

SAFER USE

Low-risk consumption: The maximum limit shall be one standard drink (e.g. small beer, 0.3 l) for women or two for men per day. Don't drink daily. Alcohol decreases inhibitions and can leave you in a vulnerable state. Plan beforehand what, how much, with whom, and in which situation you want to drink. Only drink when you want to, don't be persuaded – it's your decision! Eat enough before you drink to protect your stomach lining. The alcohol effect kicks in fully after 45–60 mins – don't drink too much too soon.

Alcohol dehydrates the body (increases the danger of passing out and gives you the headache after). Rule of thumb: for every alcoholic drink, drink one alcohol free drink – preferably water (without gas).

Nuts, pretzel sticks etc. contain minerals that help the body to process alcohol. Smoking makes the hangover worse – make sure you get some fresh air! Make sure you and others have a safe way to get home – even just one beer already considerably affects your reaction speed and concentration, just how much is dependent on your body individually and tolerance level.

Never get behind the wheel if you've been drinking. Rule of thumb: 0.1 per mille is broken down every hour.

AFTERWARDS: Rest and recover, have a break before the next time drinking. Avoid drinking again the next day. Restock your fluids, food and minerals

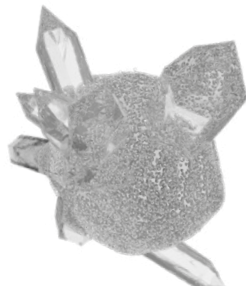
AVOID MIXING WITH OTHER SUBSTANCES: Downers (G, benzos, codeine etc.) increase the sedative effect – danger of respiratory paralysis.

UPPERS (SPEED, COCAINE ETC.):

You can't notice the effect of the alcohol, or the effect of the upper as much – danger of overdose.

CANNABIS: mixing often leads to a feeling of discomfort and an overload on your circulatory system. If someone isn't capable of looking after themselves, stay with them and help them.

IF SOMEONE ISN'T RESPONSIVE: call for medical attention and perform first aid if necessary!.



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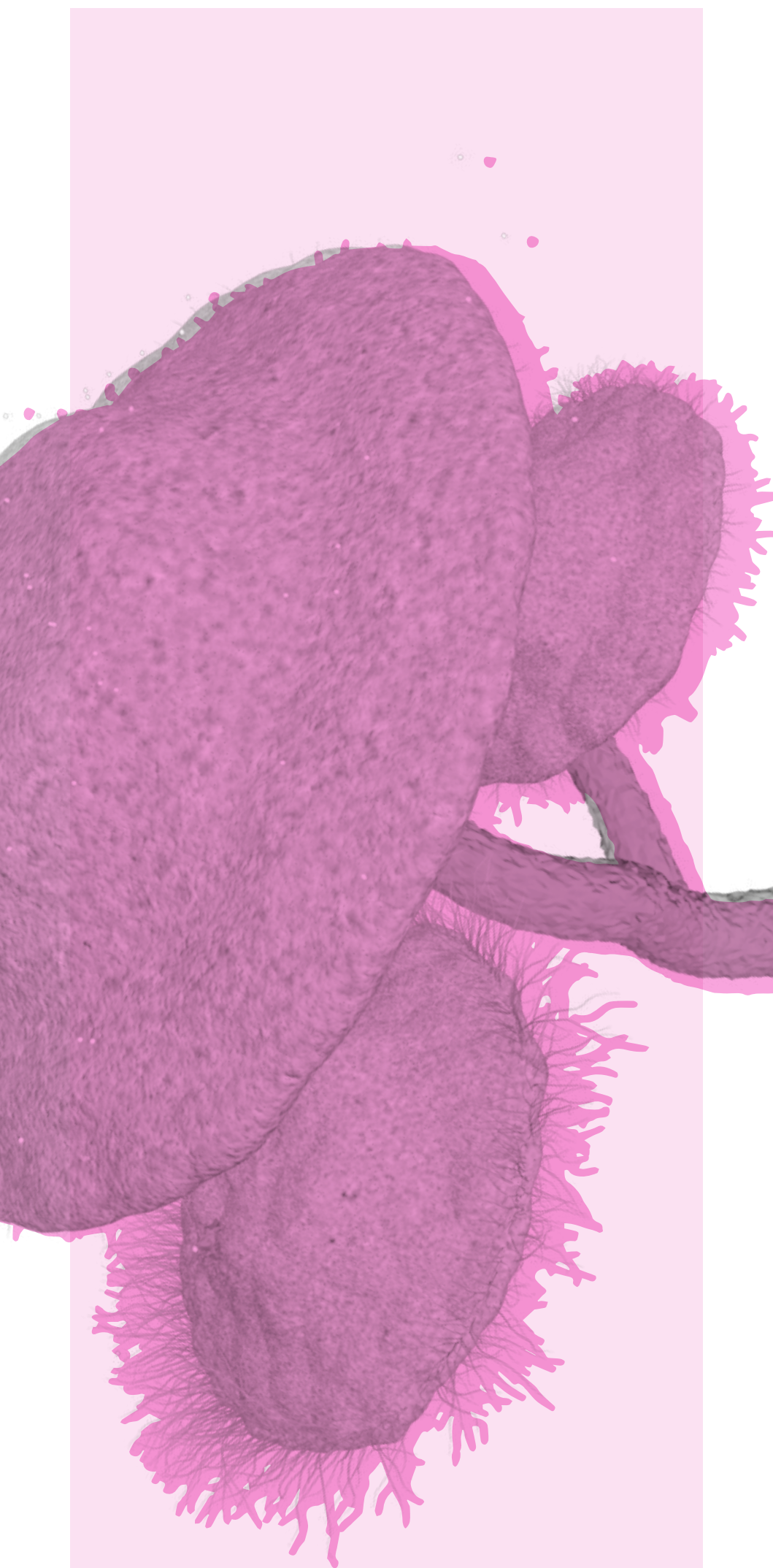
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RISK-FREE CONSUMPTION DOES NOT EXIST. SONAR STANDS FOR HEALTH PROMOTION AND HARM REDUCTION IN SUBSTANCE USE.

THERE IS NO SUCH THING AS RISK-FREE CONSUMPTION. SONAR STANDS FOR HEALTH PROMOTION AND HARM REDUCTION WHEN CONSUMING.

HAFTUNGSAUSSCHLUSS: DIESER FLYER IST KEINE AUFFORDERUNG ODER ANREGUNG ZUM KONSUM VON BETÄUBUNGSMITTELN UND AUCH KEINE AUFFORDERUNG ZUM DROGENGEBRAUCH NACH § 29 ABS. 1 NR. 12 BTMG

2. AUFLAGE 2023



PSILOCYBE

MAGIC MUSHROOMS,
SHROOMS
FRESH OR DRIED.

Also available ground
up and put in capsules
or food, e.g. chocolate
bars. Psychedelic.

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PSILOCYBIN

There are more than 180 types of mushroom known to contain psilocybin. The amount of psilocybin in the mushroom depends on the type and the growing conditions. Dried mushrooms contain between 0.1 and 2% psilocybin whereas fresh mushrooms have around ten times less, due to the water content.

➤ THE EFFECTS depend strongly on the set (person), setting (surroundings) and the amount of psilocybin.

➤ ORIENTATION
10–20 mg hallucinations (with eyes open);
20+mg intense change in consciousness, balance and disorientation.

ONSET: after 30–60 min.;
lasts ca. 4–8 h

DETECTABILITY: a few hours (in blood), 2–4 days (in urine)

PSILOCYBIN GETS CONVERTED TO PSILOCIN IN THE BODY. SIMILAR TO LSD, THIS BINDS AND ACTIVATES THE 5 HT2A-REZEPTOR IN THE BRAIN. SENSORY IMPRESSIONS RUN UNFILTERED INTO THE CONSCIOUS MIND (HALLUCINOGENIC EFFECT) AND THE BOUNDARIES BETWEEN THE CONSCIOUS AND THE UNCONSCIOUS BEGIN TO DISSOLVE (PSYCHEDELIC EFFECT).

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➤ **SIDE EFFECTS:**
Increase in body temperature, heart rate, breathing rate and blood pressure. Dilated pupils, disorientation, impaired judgement, headaches, dizziness, muscle twinges, trembling, loss of appetite, stomach aches, nausea / vomiting.
The trip can be accompanied by fear and be exhausting or even extremely distressing (having a bad trip), panic attacks are also possible.

➤ **INTERACTIONS:**
Taking mushrooms with other psychoactive substances is a big stress on the psyche. Therefore dose much lower. Mixing with alcohol often leads to an unpleasant trip with more physical or psychological problems.

➤ **CONTRAINDICATIONS:**
Mental health problems, especially depression and psychosis; treatment with MAO inhibitors, cardiovascular problems, epilepsy, pregnancy and breast-feeding.

➤ **POSSIBLE LONG TERM CONSEQUENCES:**
Psychedelics can trigger psychological problems such as flashbacks, psychosis or (in rare cases) persisting problems with perception / hallucinations (HPPD).

➤ **PARTICULARLY RISKY:**
During times of intense psychological stress, in strange or unmanageable situations; fresh mushrooms which have gone bad; mistaking poisonous mushrooms for magic mushrooms.

SAFER USE

Find out exactly what type of mushrooms you have, and the levels of psilocybin they usually contain. The amounts can still vary strongly even within one type!

Only take psilocybin mushrooms when you're feeling physically and mentally well, and in an environment you feel comfortable and safe in. Have a sober, trustworthy person accompany you.

Think beforehand about how intense you want the trip to be and take the according dose.

Loud music, light effects and crowds of people at parties can be exhausting whilst under the influence of psilocybin, and can lead to disorientation and panic attacks. Don't have your first mushroom trip at a party, and in general dose low in those situations.

Don't take mushrooms on a full stomach, eat 2–3hours beforehand and during the trip eat only light snacks.

Psychedelics influence your sense of orientation and your willingness to take risks. Your ability to judge dangerous situations can be impaired – avoid risky situations (e.g. traffic).

If you need help, don't be afraid to ask for it – in the best case from someone you trust. If you feel bad for a longer amount of time, look for professional help.



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2. AUFLAGE 2023



2C-B

2,5-dimethoxy-4-bromophenethylamine

Nexus, Venus, Bees, Erox, Bromomescaline

Psychedelic, hallucinogen, empathogen

Bitter white powder, or as a pill.

ENGLISH

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2C-B

is a psychedelic phenethylamine and is usually swallowed (as a pill) or snorted. An effective dose for oral consumption is 10–15mg (low) to 25mg (high).

With nasal consumption, considerably less substance is needed for the same effect

- measure carefully to avoid overdose.

- **CAUTION** Nasal use is often described as particularly painful. Takes effect after approx. 5–10 min (nasal) or 20–30 min (oral); full effect after approx. 1–1.5 h.
- **LASTS** about 4–6h at medium doses.

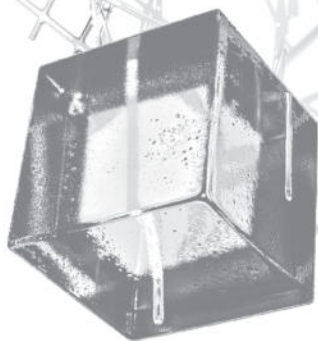
This information is in no way to be understood as a recommendation for consumption. Tolerability and effect always depend on drug, set and setting.

SIMILAR TO OTHER PSYCHEDELICS, VISUAL AND ACOUSTIC STIMULI, SENSE OF TOUCH AND SMELL, BODILY AND EMOTIONAL PERCEPTIONS CAN BE INTERPRETED DIFFERENTLY AND INTENSIFIED.

(PSEUDO) HALLUCINATIONS MAY OCCUR (E.G. MORPHING / MERGING OF OBJECTS, PERCEIVING SOUNDS AS COLOURS ETC.).

THIS CAN LEAD TO A PREVIOUSLY UNDISCOVERED PERCEPTION OR A NEW RELATIONSHIP TO REALITY, BUT THE TRIP CAN ALSO BE EXPERIENCED FEARFULLY.

THE EXPERIENCE IS PARTICULARLY DEPENDENT ON THE SET (INNER STATE) AND SETTING (ENVIRONMENT). WITH 2C-B, SIMILAR TO MDMA, AN EMPATHOGENIC AND SEXUALLY STIMULATING EFFECT CAN OCCUR.



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➤ DETECTABLE

In blood only for a short time,
in urine up to 3 days.

➤ SIDE EFFECTS

Increase in blood pressure, pulse/breath rate and body temperature. Decreased appetite. Dilated pupils, nausea, dizziness, sweating; disorientation, altered reaction time, possibly reduced ability to assess risks. Feeling of sensory overload, anxiety/paranoia, possibly insomnia. Previously repressed unpleasant or traumatic experiences, may come to consciousness; previously hidden mental illnesses may be triggered; high development of tolerance.

➤ SPECIAL RISKS WITH

Mental illness, high blood pressure. After-effects and possible consequences: Depending on the intensity of the experience, it may take several hours to days to process the experience; occurrence of psychological disorders / psychoses possible (also long-lasting, „getting stuck“) - psychological / medical care may be necessary. Damage to the nasal mucosa.

SAFER USE

Do not consume if you feel physically or mentally unwell! Make sure you have a suitable setting - only use in places where you feel comfortable and with people you trust. It's best to have a sober person nearby who can keep you calm, provide help and/or fetch help in an emergency. Make sure you know as much as possible about the dosage of your substance!

Due to the fluctuations in the active ingredient content of the substance, overdoses can occur quickly.

From 10 mg orally and 2 mg nasally, it is advisable to approach the »desired« dose in 2 mg steps.

Note: An intensive experience is not necessarily related to a high dosage. Even low doses can lead to difficult experiences and psychological distress!

Plan enough time to come down. Take enough time to process the experience - only consume again after a few weeks.

If a person is no longer coping, experiencing anxiety or a very difficult experience, put them in an environment that is as low in stimuli as possible and try to focus with them on familiar and calming things (e.g. breathing, body awareness, basic needs, etc.). In case of psychosis or seizure: Seek medical help immediately!

Get help when you or others need it! Staff and emergency services (112) are there to help you!

There is no such thing as risk-free consumption. SONAR stands for health promotion and risk reduction in consumption.

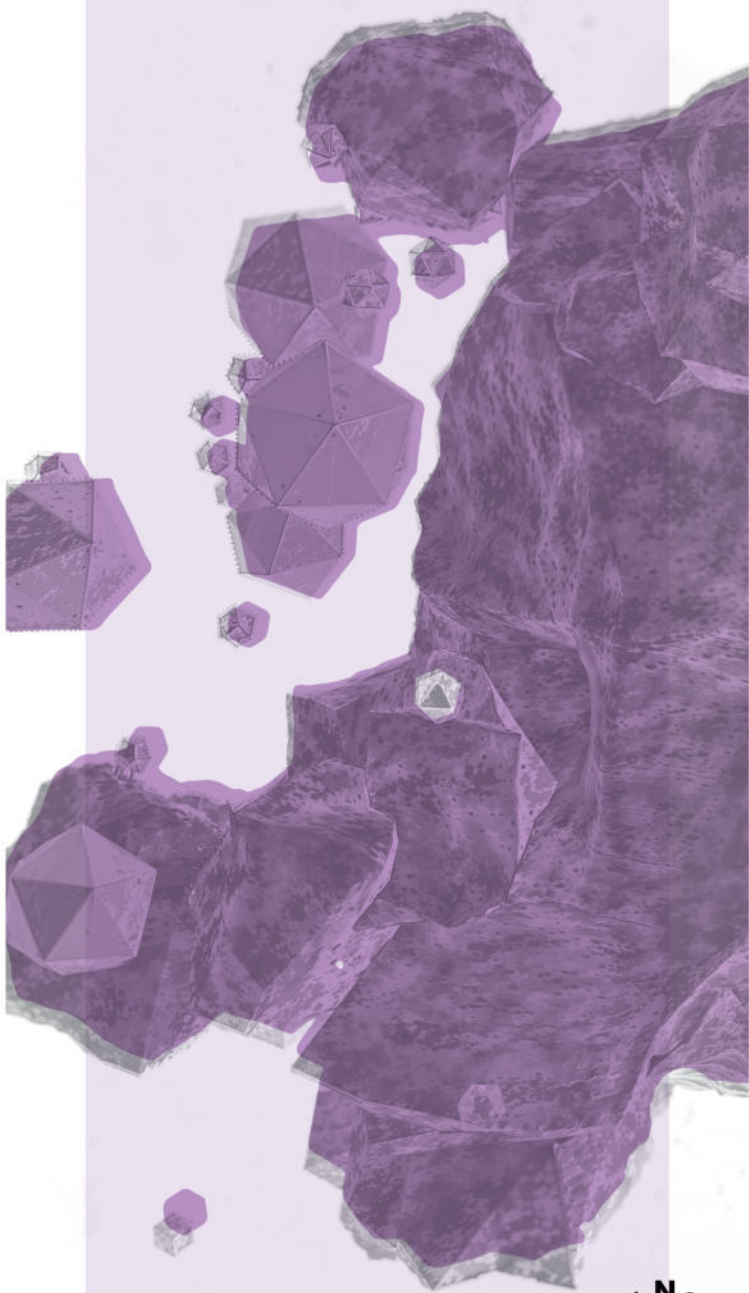
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ENGLISH

MEPHEDRON

and other Cathinones Mephedron
(4-Methylmethcathinon)

4-MMC, Bubbles, M-CAT, Meow, Mephe,
Badesalz.

Andere Cathinone: 3-MMC, 4-CMC, CAT,
Methylon, MDPV Amphetamine derivative
(chemical structure of the Khat plant)

Stimulant with empathogenic
(compassionate), entactogenic active
component (touching the inside).

Crystals or colourless/white powder,
also offered in tablet form.

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MEPHEDRON AND OTHER CATHINONE

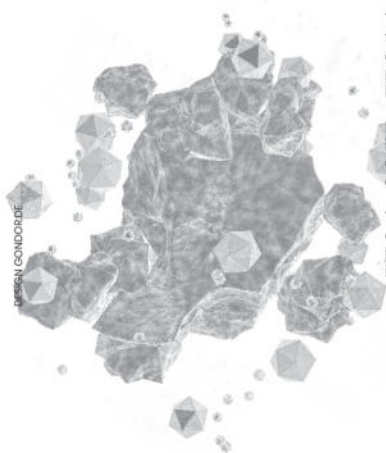
The colour says nothing about the quality of the substance. The effect is much faster and more intense when snorted than when swallowed – use a much lower dose! Snorting damages the nasal mucosa and increases the risk of infections!

A normal dose is 25mg–150mg (oral), or 15mg–80mg (nasal).

► Takes effect after approx. 10–30 min. (oral) or 5–15 min. (nasal) and lasts approx. 3–5 h (oral) or 1–4 h (nasal).

This information is in no way to be understood as a consumption recommendation. Tolerance and effect always depend on substance, set and setting.

SIMILAR TO MDMA, CATHINONES RELEASE SEROTONIN, NORADRENALINE, AS WELL AS DOPAMINE IN THE BRAIN, AND INHIBIT SEROTONIN REUPTAKE AND BIOSYNTHESIS. THE BODY THEN HAS LESS »HAPPINESS HORMONE« AVAILABLE FOR SEVERAL WEEKS. CATHINONES CAN STIMULATE THE LIBIDO AND INCREASE RISK-TAKING BEHAVIOUR AND HAVE AN INCREASED ADDICTIVE POTENTIAL. EFFECTS CAN INCLUDE STRONG EUPHORIA, URGE TO TALK, FEELING CONNECTED TO OTHER PEOPLE, INCREASED PERFORMANCE AND ALTERED SENSORY PERCEPTIONS.



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► DETECTABLE

In blood only a short time, in urine up to 3 days.

► SIDE EFFECTS

Increase in blood pressure, heart rate and body temperature, convulsions, headache, sweating, nausea, dilated pupils, dry mouth and difficulty chewing. Hyperactivity, uncomfortable feeling in the heart area, loss of appetite; when coming down: occasional nervousness, moodiness, craving.

► SPECIAL RISKS WITH

Hypertension, circulatory/heart problems, hyperthyroidism, liver/kidney disease, asthma, epilepsy, boosted HIV therapy.

► CAUTION

Increased body temperature may increase the neurotoxicity of cathinones! Drink enough and take breaks regularly! Possible complications: Lung damage, seizures, circulatory problems, heart problems; concentration/perception problems, anxiety, paranoia, hallucinations.

► AFTER-EFFECTS

Irritability, depressive moods, fatigue, lack of concentration possible. May last for several days. Possible long-term effects: Disturbances of (short-term) memory, physical emaciation, Concentration/sleep disorders, damage to stomach lining, heart, kidneys, liver, circulatory disorders.

Development of tolerance and psychological dependence.

SAFER USE

Follow safer sniffing practices! Learn as much as possible about your substance, use drugchecking. When using a new substance, test the smallest possible amount and observe what happens for 2 hours. If you add more, wait at least 2 hours before doing so. There is no safe dose – in general and especially when using for the first time, use much lower doses!

Enjoy the effects as they wear off: What goes up, must come down. Drink an adequate amount of water (0.5 litres per hour is a good guideline), not excessively, but in small sips. Avoid alcohol. Be very careful with mixed use, especially with other stimulants, opiates, nitrous oxide or alcohol. Be aware of drug interactions before use.

Take regular breaks, avoid overheating, cool down (not too much: risk of catching a cold). Rest well and get plenty of sleep, wait several weeks before using again.

In case of feeling persistently unwell, increasing cramps and overheating: Get medical help immediately (112)! are there to help you!

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