

Mephedrone

Risks and Safer Use

Dependency

Try not to redose too frequently
Don't have large quantities in house
Take long breaks between sessions,
Don't use every day
Stop using when it's not rewarding

Nasal damage

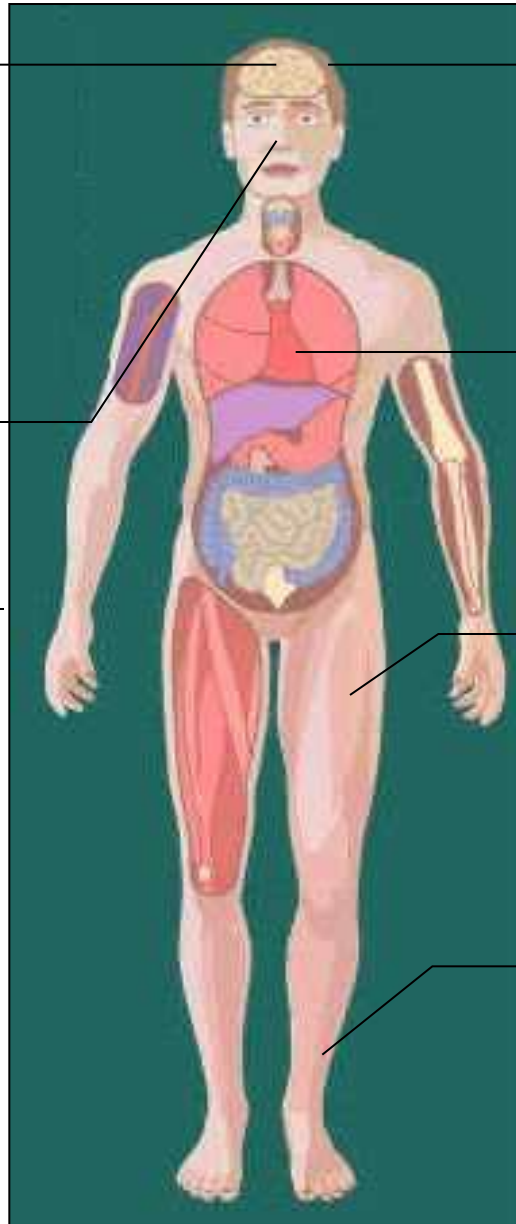
Don't snort, don't share tubes
Stop snorting if you get nose bleeds

General:

Be aware is now a controlled drug;
severe penalties for supply and likely
criminal record for possession;

Supplied substances could contain a
range of compounds which may or may
not include mephedrone;

Mephedrone is not and never was a
plant food; sniffing plant food will not
provide a high.



Mental health problems

Don't use excessively;
Avoid if prone to mental health
problems;
Maintain good sleep and diet

Heart Problems

Don't use large quantities
Don't binge for long periods
Don't mix with other stimulants

Convulsions:

Use low quantities
Don't redose too often
Don't use if you have a history of
fitting

Circulatory problems

Don't use if you experience poor
circulation;
Discontinue use if you
experience circulatory problems