



## ☺ Glossary:

- Alcohol → A depressant drug.
- Anti oxidants → Substance that prevents your cells being destroyed in your body.
- Depressant → A drug that slows down your nervous system and other functions of your body.
- Drug → Any substance that interferes with how your body works.
- Stimulant → A drug that speeds up your nervous system and other functions of your body.

## ☺ Legal Highs: Party Pills

Party Pills are quite new to Ireland but have gained popularity very fast for different reasons. Dubbed "legal highs" or "herbal highs", they are sold in different shops or online under imaginative names.

As with all drugs (and this is what they are), not using them at all is the safest option but if you are thinking about taking Party Pills, know the score before you make your choice. ★



## ☼ What's in them?

There are two broader types of Party Pills; some of them actually contain herbs, others are marketed as "herbal" but really aren't.

Interestingly most of the main "legal highs" are not the ones with actual herbs in them. The main ingredient in many party pills is a substance called Benzylpiperazine (bzp). There's nothing herbal or "natural" about that, it's a chemical and it was originally developed to get rid of worms in animals. BZP acts as a stimulant which means that it speeds up your nervous system and gives you a buzz.

TFMPP (3-Trifluoromethylphenylpiperazine) is similar to BZP in some ways and it is the combination of the two chemicals that gives the desired effect to the pill.

Almost all products sold by the big companies in colorful wrapping contain these chemicals.

## ☼ What's in them?

Then there are "real" herbal pills, which mostly contain a mix of different stimulant plants, such as kola nut, guarana, ginseng, ginkgo, nutmeg, Hawaiian baby wood rose and so on. Sometimes other legal stimulants such as caffeine or taurine (the stuff in many energy drinks) are added to the mix. Although you can find these herbs in a lot of other things, the dosage and the combination of all ingredients makes them pretty strong stuff.

Whoever makes the pills has to print a list of ingredients on the wrapping, so take the time to read it if you are going to buy!

Know what's in them before you put them into your body! ☆



## ★ What do they do?

Party pills are designed to give you a boost of energy and to make you enjoy partying and the music more. This is achieved by triggering certain functions in your brain and nervous system to produce the stuff in your body that makes you feel just that. The effects of BZP are reported to be similar to amphetamines (speed), only weaker. In a blood test you might even test positive for amphetamines after taking BZP.

Many BZP based pills have stimulating herbs added to them. Stimulants speed up your nervous system and other body functions.

It's very important that you know about the herbs you're taking as some people have an intolerance to them which might be dangerous. ★



© How come I can buy them easily in shops and online?

At the moment (2008) BZP is legal in Ireland and can therefore be sold in shops or online.

Many other countries like Denmark, the USA, Australia, Sweden etc. have already made the drug illegal, and the law may change in Ireland. Keep an eye on the legal status of BZP, just to avoid trouble!

In terms of herbal pills, it's a different story. Many herbs used for party pills have been around for a good while and some are used for energy drinks or in everyday food and drink. If you do not know a certain herb in the pill, find out about it before taking it.

Just because something is herbal doesn't mean it's not strong. And all drugs are dangerous, even when they are legal. Just look at alcohol, for example! ☆





## Do they have side effects?

Every drug has side effects. There is a difference again between BZP based party pills and non-BZP based products.

BZP is known to have a multitude of side effects, ranging from a light head ache to severe heart problems. Every person might experience side effects quite differently. So don't think you'll be OK taking something, just because your mates did not have anything bad happen to them.

A very common side effect to BZP is that you might get the feeling of wanting to pee all the time. When you finally make it to the toilet, all you can squeeze out might be a few drops. Other people have had a very embarrassing problem: they wet themselves. One way or other - the night can be well ruined because of your toilet related difficulties in any way.

## ☺ Do they have side effects?

Many pills, both herbal and BZP based, will dehydrate you, so it is very important to drink plenty of water during the night. Alcohol is a big no-no when you have taken party pills! One pint per hour is the recommended amount and drinking too much can be as dangerous as drinking too little. Best is to stick to that amount of fluid, just to be on the safe side.

In any case you will most likely experience a pretty bad hangover the day after and there is not a whole lot that you can do about that. So just be prepared to suffer... ☆

## ☺ Is one party pill like the other?

No. Apart from the fact that some are BZP based and some are not, there are many variations. The purpose of party pills is to mimic effects of illegal drugs such as ecstasy, amphetamines, LSD and so on.

Different quantities of BZP, TFMPP and/ or herbs are mixed together to get the desired effect. Again, it is important to read the labels, as the dosage of certain ingredients varies hugely. There are pills with around 30mg of BZP and no TFMPP, others contain 200mg of BZP and 100mg of TFMPP which makes the effect hugely different! Also check what else is thrown in the mix in terms of herbs or additional stimulants such as caffeine or taurine.

Read the label!! It only takes a minute and you're worth it. ☆

## ☼ What can I do to be as safe as possible?

No use at all is always the best option to stay safe but if you decide to take party pills, here are a few golden rules to follow to stay on the safe side:

- ☼ Do NOT mix party pills with other drugs, legal or illegal!
- ☼ Do NOT drink alcohol when you take party pills! It can damage your liver!
- ☼ Always read the label and the list of ingredients, so that you know what you are taking and how strong it is.
- ☼ Do NOT exceed the maximum dosage on the label! It's there for a reason.
- ☼ Party Pills take a while to work. Do NOT take more, just because you think that they don't work. The effect comes with a delay and you might have taken far too much by the time the effects kick in.
- ☼ Do NOT take party pills if you have a heart condition or other health problems such as anorexia or liver damage. Talk to a GP first!

- ☼ While taking party pills people have experienced negative effects on their mental health. Best to stay away from them altogether if mental health is an issue for you.
- ☼ Always drink enough water when you are taking party pills. One pint per hour is the ideal amount.
- ☼ Be aware that any drug can impair your judgement. So be extra careful when making certain decisions, such as negotiating sex or accepting a lift home.
- ☼ Party pills can decrease your appetite. It is important that you eat before taking them and also the next day, especially fruit and veg. Some companies offer recovery pills with vitamins and anti-oxidants but healthy food or normal vitamin pills will probably just do the same.
- ☼ Buy the pills in a shop where the staff is willing to give you information on the stuff for sale rather than buying online. If you get the impression that they don't have a clue, go somewhere else and/or have a chat with a drugs worker in your area. They are usually quite useful for getting the information you need.

Stay on the safe side... ☼





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