

(Herbals, frenzy, exodus, pills)

Party pills are popular and readily available. Although often not as strong as other popular partying favourites, party pills can keep you pumping on the dance floor. They cost less and don't involve the risk of legal consequences. However, there are risks in believing that because something is legal it is safe.

BZP

(Benzylpiperazine) and TFMPP (Trifluoromethylphenylpiperazine) are the two most common ingredients in what are known as 'herbal highs' or 'party pills'. Some examples are: Frenzy, Exodus - The Journey, Nemesis, Nemi, Euphoria, Zoom, Blast, Shotgun, Rapture and Charge. Although these pills are called 'herbal highs' the active ingredients (BZP and TFMPP) are not herbal - they're synthetically produced. Some are even called dietary supplements, implying that they replace something that's missing in your diet - however, no normal balanced diet contains these chemicals.

BZP has stimulant-type properties and affects the dopamine and noradrenaline neurotransmitter systems, resulting in similar effects to those caused by amphetamine (NOT methamphetamine). Taking 100mg of BZP is like taking an oral dose of 7.5mg of dexamphetamine - the effects of a 100mg dose last 6 to 8 hours.

The different products have varying amounts of active ingredient - the typical amount is 70 - 175mg of BZP. Examples are 'Frenzy' per tablet contains 75mg of BZP and 'Exodus' contains 50mg TFMPP and BZP - the recommended amount being 2 tablets.

Please note: The Misuse of Drugs (Classification of BZP) Amendment Act effective from April 1st 2008 classifies pills containing BZP as a class C drug - the same level of classification as cannabis.

TFMPP

When combined with BZP this chemical has a mild hallucinogenic effect.

Other ingredients in party pills (e.g. kandi)

Party pills often contain a number of other ingredients. Some of these are 'active' and can have an effect on the central nervous system.

Piper Nigrum

(Black Pepper) extract - used for its gastrointestinal stimulatory qualities and anti-nausea properties.

Phenylalanine

Plays a key role in the absorption of other amino acids and some neurotransmitters. It also is reported as having mild stimulant qualities. It is dangerous to those who suffer from Phenylketonuria (PKU) a hereditary disease which results in people being unable to metabolise phenylalanine.

Tryptophan

An amino acid which is sold as a nutritional supplement and is used by the body to start the cellular manufacture of the neurotransmitter serotonin.

Tryptophan is used by some people to help stabilize mood, as a sleeping aid, and by some ecstasy and psychedelic users because tryptophan is known to both increase the effects of substances as well as to ease the comedown.

Tyrosine

An amino acid which may elevate mood. Used by the body to help produce both dopamine and noradrenalin neurotransmitters. Tyrosine may have a mild stimulatory effect.

Party Pills, continued

Common effects

- General stimulation of the brain and nervous system.
- Euphoria and alertness.
- Increased heart rate and increased blood pressure.
- Reduced appetite.
- In high doses - hallucinations, fits/convulsions, slowed breathing.
- Sore throat or nasal passages if snorting powder or crushed tablets.
- Dehydration or water retention problems can occur, especially if used with alcohol.
- If being drug tested it gives a positive result for amphetamines.
- Significant hang over effects that can last up to 4 days.

Harm Reduction

Harm reduction methods are similar to other stimulants like ecstasy and speed and include:

- No use is the safest choice.
- Be cautious about mixing drugs, as the combined effects become more unpredictable and risks to health are increased.
- Avoid alcohol which can add to dehydration and puts extra strain on the liver.
- If you are going to drink alcohol, make sure you also drink equal amounts of water.
- Eat well before taking the pills. This gives the body the fuel it needs to keep partying and helps minimise the 'crash' the next day.
- Try to eat the next day - especially foods like bananas as they can ease the effects. Some people find smoothies easier to consume.
- Stick to the recommended amount and safe use guide on the packaging.

We recommend that you contact the Community Alcohol and Drug Services (CADS). CADS are a free, confidential service to support people to make informed choices, and reduce the risks of their alcohol and other drug use. Contact them on 845 1818 or [Hwww.cads.org.nz](http://www.cads.org.nz).