

Ice, or crystal **methamphetamine**, is type wa'se **methamphetamine**. It's a **stimulant** drug which is synthetic, meaning it's not a natural product. It comes in three different forms (ice, base and speed) that vary in strength and the way it looks.

Ice



WISKINE E LOOK LIKE

Translucent (see-through) crystals, sometimes shards.

Also known as

Crystal meth, meth, shabu, tina, glass.

METHOD OF USE

Smoking (e.g. using a glass pipe), injecting.

POTENCY (HOW STRONG) NADHAKINE STRONG - HIGH

Base



WISKINE E LOOK LIKE

Dampish, 'gluggy' substance. Colour varies from white to brown.

Also known as

Pure, point, wax, meth.

METHOD OF USE

Swallowing, injecting.

POTENCY (HOW STRONG) LOW MEDIUM HIGH

Speed



WISKINE E LOOK LIKE

White or off-white powder.

Also known as

Goey, meth.

METHOD OF USE

Snorting, swallowing, injecting.

POTENCY (HOW STRONG) LOW MEDIUM HIGH

The effects of ice differ slightly from speed and base because it's often stronger and gives a longer lasting 'high'. Because of this, it can have more serious side effects, both during use and for 'comedown' or 'crash' after use. Ice can have greater potential for physical and mental health problems because it's **dependent** on use, which can create long-term physical and mental health problems.



Crystal Methamphetamine
*Trusted, evidence-based
information for the community*

GET THE FACTS ABOUT ICE

WHAT ARE THE EFFECTS OF ICE?

STAYING SAFE

www.cracksintheice.org.au

Ice is usually sold in points (which means 0.1 of a gram) or grams, but can be cut (mixed) with other substances. This can reduce **purity** and make effects even harder to predict.



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