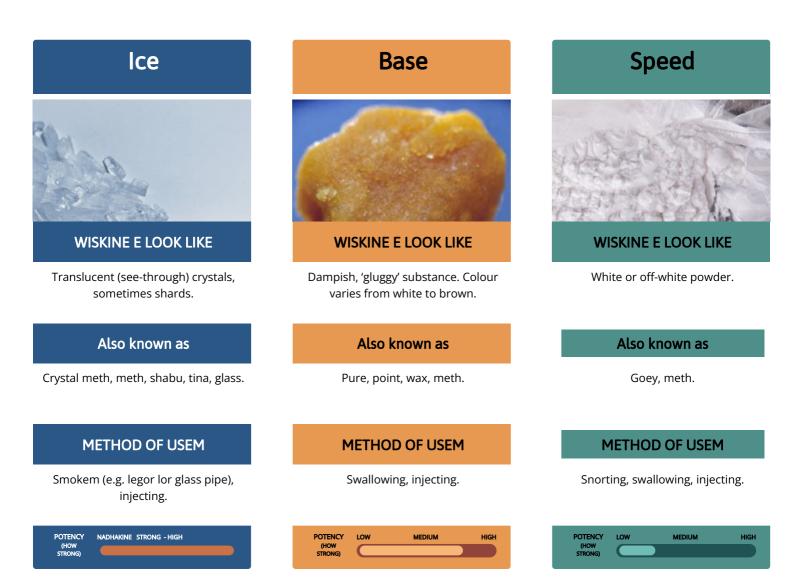


Crystal Methamphetamine Trusted, evidence-based information for the community

Ice, or crystal **methamphetamine**, e type wa'se **methamphetamine**. E **stimulant** drug ah synthetic which means e nor natural product. E come in three different forms (ice, base ah speed) dat vary lor dempla strength ah the way ol look.



Da effects of ice differ slightly prom speed ah base cos e often stronger ah gib'e longer lasting 'high'. Cos of dis, e gad nadhakine serious side effects, both during usem ah lor 'comedown' or 'crash' apta usem. Ice gad nadhakine greater potential por pipol por come **dependent** on usem, wis can create long-term physical ah mental health problems garr.



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Ice e usually sold lor points (which means 0.1 of a gram) or grams, ah can be cut (mixed) lor ol nadha substance. Diswun reduce **purity** ah meke effects even harder por predict.



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