

Ice, or crystal methamphetamine, is a type of **methamphetamine**. It is a **stimulant** drug and synthetic which means it is not a natural product. It typically comes in three different forms (ice, base and speed) that vary in their strength and the way they look.

Ice	Base	Speed
WHAT IT LOOKS LIKE Translucent crystals, sometimes shards.	WHAT IT LOOKS LIKE Dampish, 'gluggy' substance. Colour varies from white to brown.	WHAT IT LOOKS LIKE White or off-white powder.
Also known as Crystal meth, meth, shabu, tina, glass.	Also known as Pure, point, wax, meth.	Also known as Goey, meth.
METHOD OF USE Smoking (e.g. with a glass pipe), injecting.	METHOD OF USE Swallowing, injecting.	METHOD OF USE Snorting, swallowing, injecting.
POTENCY (HOW STRONG) LOW MEDIUM HIGH <input type="range" value="80"/>	POTENCY (HOW STRONG) LOW MEDIUM HIGH <input type="range" value="50"/>	POTENCY (HOW STRONG) LOW MEDIUM HIGH <input type="range" value="20"/>

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

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

Key Sources

Alcohol & Drug Foundation. (2016). [Amphetamines](#). Melbourne: State Government Victoria.

McKetin, R., & Black, E. (2014). Methamphetamine: What you need to know about speed, ice, crystal, base and meth. Sydney: National Drug and Alcohol Research Centre, University of New South Wales.