

## WHAT IS ICE?

Ice, or crystal methamphetamine, is a **stimulant** drug and **variant** of **methamphetamine**. Methamphetamine typically comes in three different forms (ice, base and speed) that vary in their appearance and **potency**.

### ICE



#### APPEARANCE

Translucent crystals, sometimes shards.

#### ALSO KNOWN AS

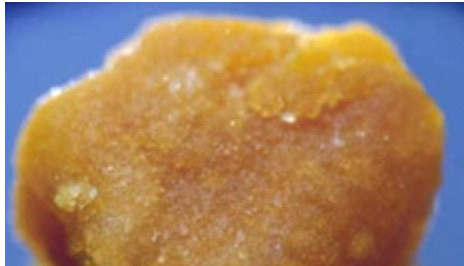
Crystal meth, meth, shabu, tina, glass.

#### METHOD

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

#### POTENCY HIGH

### BASE



#### APPEARANCE

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

#### ALSO KNOWN AS

Pure, point, wax, meth.

#### METHOD

Swallowing, injecting.

#### POTENCY MEDIUM HIGH

### SPEED



#### APPEARANCE

White or off-white powder.

#### ALSO KNOWN AS

Goey, meth.

#### METHOD

Snorting, swallowing, injecting.

#### POTENCY LOW MEDIUM

The effects of ice differ slightly from speed and base because it is often a purer form of methamphetamine, meaning it gives a stronger and longer lasting 'high'. Because of this, it also has more **potent** and serious side effects, both during use and in the '**comedown**' or 'crash' phase after use. This is why, compared to other forms of methamphetamine, ice has a greater potential for the user to develop **dependence**, **psychosis**, and other long-term physical and mental health problems.

Ice is usually sold in points (0.1g) or grams and can be cut (mixed) with other substances. This reduces its **purity** and makes the effects for the user even more unpredictable.

## KEY SOURCES

Australian 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.