

Reduce the risks

> **FIRSTLY, DON'T USE IT. THIS IS THE EASIEST WAY TO AVOID ALL THE RISKS, GUARANTEED!**

But if you are still going to use NRG1 the following tips will help you reduce the risks.

Don't take a lot in one go. There is probably no quality control involved in the production of NRG1, so your bag could have anything in it. Start with a small amount and wait for an hour or so before taking any more. Don't rush to take more because you are not off your face after half an hour. Yes, you may have bought some fake white powder, but how do you know? Give it time to start. Taking too much too soon could send you off on one. Learn to recognise, and handle, the effects.

> **SET LIMITS**

Decide how much you are going to use and try and stick to it. The more you take, the more risks you run. The less you take the lower the risks.

> **DON'T DRINK ALCOHOL**

Mixing alcohol with NRG1 can be very dangerous. Don't drink alcohol or take any other drugs at the same time.

> **DON'T SNORT IT**

Swallowing a capsule or tablet, or powder wrapped in a cigarette paper (bombed), will avoid damaging your nose.

> **LOOK AFTER YOUR NOSE**

Flush your nose with clean water, and make sure you use your own straw or note. Don't share them with anyone else, they could have all kinds of nasties on them.

> **SIP WATER OR SOFT DRINKS**

Jumping up and down in a club will make you sweat a lot, you will need to keep hydrated. Sip water or soft drinks throughout the night, but don't neck loads in one go. Take a break occasionally so you don't overheat.

> **WATCH OUT FOR EACH OTHER**

Do not use on your own, it is always safer to have someone else around, and tell your mates what you have taken.

> **IF SOMEONE STARTS TO FEEL UNWELL**

Take them to a cool, quiet, chilled out area and stay with them. If the feelings get worse, or they feel dizzy, or very hot but dry skin, or racing heart, get medical attention immediately and tell them what they have taken.



WHAT IS IT?

NRG1 (Naphyrone) is a stimulant, produced using a chemical called Pyrovalerone, an illegal Class C drug, developed in the 1960s as an appetite suppressant and to combat fatigue. Pyrovalerone has been chemically altered to produce Naphyrone which, at the moment, isn't an illegal drug.

WHAT DOES IT LOOK LIKE?

Fine white powder, with a slight tendency to clump.

HOW IS IT USED?

NRG1 can be snorted through the nose but it is safer to wrap it in a cigarette paper and swallow it (bombed). This will help avoid any potential damage to the nose.

LEGAL STATUS

NRG1 (Naphyrone) is not illegal to possess, but the Medicines Act stops it from being sold for human consumption. It will sometimes be described as 'pond cleaner' or 'plant food' 'not for human consumption'.

Pyrovalerone is illegal. It is Class C under the Misuse of Drugs Act (1971). Pyrovalerone is illegal to possess (maximum penalty two years in jail) or supply (maximum penalty 14 years in jail).

EFFECTS

- > Increased heart rate, raised blood pressure.
- > Increased attention & awareness, alertness, decreased appetite.
- > The effects are very body-centred rather than giving you a mental 'high'.

RISKS

- > As yet unclear. No toxicity data available.
- > Abrupt cessation from heavy use of Pyrovalerone can cause a withdrawal syndrome, with feelings of anxiety and depression.
- > Batches of NRG1 have been found to contain MDPV, so you may not be taking what you think you are.

LONG-TERM EFFECTS

Unknown.