

I-TREND Substance briefing: 3-MMC

This technical folder provides information on 3-MMC. The provided information is based on a number of existing data sources and work undertaken as part of the I-TREND project. Research informing the folder includes an analysis of user discussions on popular Polish drug forums, an analysis of marketing on popular PL web shops selling the substance, and scientific laboratory analysis of the compound through test purchasing of the substance from Polish web shops.

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1. Substance name(s)

1.1. Chemical name

2-(Methylamino)-1-(3-methylphenyl)-1-propanone

1.2. Other names (e.g. popular/street/slangname(s))

3-MMC, metafedron, 3-methylmethcathinone

1.3. Branded products containing the compound

Dodatek do piasku koloru złotego – imitacja produktu (The addition of golden color sand - imitation of the product)

“M”

Imitacja produktu Odświeżacz do bidetu o zapachu cytrynowym (Product Imitation - Bidet freshener with lemon scent)



Source: National Institute of Medicines in Poland

2. Classification and effect

2.1. EMCDDA substance group classification

Cathinone

2.2. Substance analysis results

3-MMC 44%

2.3. PL drug forum monitoring

In the hyperreal forum the substance is classified as an alpha-amino ketone (beta-ketone)

2.4. PL web shops marketing:

The product is presented in a context of marketing "for adults" and is related to symbols of sex (see picture below). Marketing text attached to "3 MMC Big Crystal" is warning before side effects:

"The product for adults. The product for laboratory tests. Not for consumption. Keep away from children!" (kolekcjoner.pl).



3. Legal status and identification of the substance

3.1. Legal status/acts/laws in Poland:

Not controlled as a narcotic drugs or psychotropic substances by Polish law. As such, it is not listed in the schedules of drugs of act of counteracting drug addiction (the main drug law). The possession and trafficking is not punishable by criminal sanctions.

But the substance, as all NPS is controlled as substitute drug (*środek zastępczy*). Its manufacturing and introducing to trade is forbidden in territory of Poland under punishment of fine ranging from 20000PLN (~4600 euro) to 1000000 PLN (~230.000 euro).

3.2. EMCDDA Notifications of 3-MMC

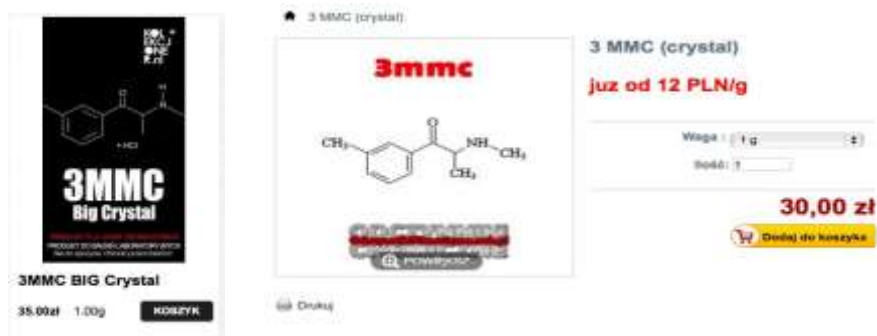
3-MMC was first reported to EMCDDA by Sweden in September 2012. In December 2012 the substance was identified for the first time in Poland. The substance has been reported to the EMCDDA by the following EU countries:

Country	Date
Sweden	September 2012
Finland	October 2012
Hungary	December 2012

Poland	December 2012
Germany	February 2013
Slovakia	May 2013
United Kingdom	September 2013
Ireland	October 2013
Greece	October 2013
Italy	January 2014
Norway	February 2014
Belgium	April 2014
Slovenia	August 2014
Netherland	November 2014

4. Photographs of the substance

4.1. Images used in the marketing of the product on the web shops the compound was purchased



4.2. Photograph of the substance purchased for laboratory analysis



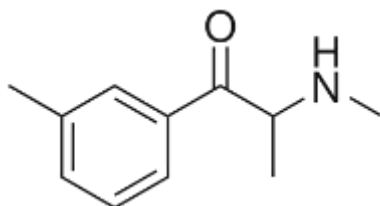
5. Chemistry

5.1. Chemical Abstracts Service (CAS) registry number

1246911-86-3; 1246816-62-5 (HCl); 1329834-37-8 (d₃-HCl); 1330267-42-9(d₃).

5.2. Chemical information (other chemical names or variants)

5.3. Structure (picture of structural formula)



5.4. Molecular formula

C₁₁H₁₅NO

5.5. Molecular weight

177.24 g/mol

5.6. Structural comparison with a related substance

6. Analytical composition: results of substance analysis carried out on samples purchased online

(PL IPIP address web shops)

6.1. Details of laboratory analysis technique used:

Web shop	Date of purchase	Form	Substance named on package/web shop	Confirmed substances
Odczynniki Chemiczne	20.03.14	Cristal	3 MMC Crystal	3-MMC , 44%

7. Price and marketing strategies on Polish web shops selling 2-AI:

7.1.Compound Prices:

	Polish zloty	Quantity
Minimum price	ZL 30 (crystal)	1 gram
Maximum price	ZL 55 (crystal)	1 gram

7.2.Description of availability and marketing strategies on PL web shops selling the:

Sales of 3-MMC in on-line Polish shops were identified in all of five leading Polish shops selling NPS, namely:

Legalchem (<http://legalchem.pl/>),

Kolekcjoner (<http://kolekcjoner.nl/>),

And RC shops: Odczynniki Chemiczne (<https://researchchemicals.net.pl/>), Research Chemicals (<http://pl.r-c.com/>), Research Chemicals (<http://rc-24.pl/>). In all of shops the substance was selling under the marketing label "3 MMC Big Crystal" or "3MMC Big+".

The marketing of this product contains differentiation of prices by amount (grams) in Polish zlotych:

3-MMC BIG +	1000	17,00 zł
3-MMC BIG +	500	18,00 zł
3-MMC BIG +	250	19,00 zł
3-MMC BIG +	100	20,00 zł
3-MMC BIG +	50	24,00 zł
3-MMC BIG +	25	27,00 zł
3-MMC BIG +	10	31,00 zł
3-MMC BIG +	5	33,00 zł
3-MMC BIG +	3	36,00 zł

There is discount for bigger amounts of selling product which is accounted automatically when you put certain amount.

7.3. Number of Polish based web shops selling 3-MMC: 5

7.4. Type of (insert country name) websites selling the product

	Number of shops (23.03.2014)	Number of shops (27.10.2014)
RC shops	1. https://researchchemicals.net.pl/ 2. http://pl.r-c.com/ 3. http://rc-24.pl/	1. https://researchchemicals.net.pl/ 2. http://pl.r-c.com/ 3. http://rc-24.pl/
Commercial shops	4. http://kolekcjoner.nl/	
Other	5. http://legalchem.pl/	4. http://legalchem.pl/

8. Law enforcement and health data

8.1. Number of law enforcement seizures in PL in 2013/2014

165 in 2013 and 619 in 2014

8.2. EMCDDA health alerts in Poland.

0

8.3. Confirmed deaths and acute cases reported in Poland.

0

9. User experiences of the substance: results from an analysis of discussions on 3-MMC in two PL Drug Forums (302 posts by 104 users)

Four topics, captured in August 2013, were devoted to 3-MMC and three were selected for analysis. One of them originated from *forum.dopalamy.com* whereas two topics were identified from <http://hyperreal.info/talk>. One topic was a trip report, one was exclusively devoted to 3-MMC and one involved 3-MMC combinations. The topic dropped from analysis was devoted to 6-APB and 3-MMC combinations and due to the limited number of posts (n = 3).

The trip report topic was created in March 2013 and contained 5 posts. The number of posts increased to 7 between September 2013 and December 2014. The number of views increased from

3149 in September 2013 to 14836 in December 2014.

The topic devoted exclusively to 3-MMC was created in May 2012 and contained 2314 posts in

September 2013. The total number of posts increased to 5152 in December 2014. The number of views increased from 163,622 in September 2013 to 386,667 in December 2014.

The topic about 3-MMC combinations was created in June 2012. The number of posts increased from 282 in September 2013 to 484 in December 2014. The number of views increased from 12686 in September 2013 to 26531 in December 2014.

9.1. Dosage specified by drug forum users (n = 96 references by 46 users)

9.1.1. light (4 references by 4 users)

50-150mg

9.1.2. common (32 references by 26 users)

200-300mg

9.1.3. strong (15 references by 12 users)

above 300mg

9.1.4. Initial (24 references by 20 users)

100-200mg (some users recommended higher doses (300mg) as a so-called “attacking dose”)

9.1.5. boosting (41 references by 25 users)

50-100mg or 100-200mg (The first dose is usually taken orally, often by bombing. The boosting dose was most often taken by nasal insufflation. Several strategies have been described for boosting. First, an oral dose around 200 to 300mg is taken and followed by nasal insufflation (20 minutes to 40 minutes afterwards) of doses ranging from 50 to 100 mg. The other strategy is that after the starting dose is taken orally, the boosting dose is taken by nasal insufflation after 1 to 4 hours with dosage levels ranging from 100 to 200 or even 300mg. Some users modified this pattern and used small boosting doses (50-70mg) each hour.)

9.1.6. Threshold (19 references by 12 users)

100-200mg (as initial dose).

9.2. Duration (n =60 references by 36 users)

Most users described the effects of the first phase as loading of the substance without clear differentiation between first effects and coming up and the full action of the substance (plateau). The users also did not give a clear differentiation between coming down and after effects associated with a corresponding time frame.

9.2.1. Onset (7 references by 6 users)

10-20 min

9.2.2. Coming up (31 references by 23 users) and Plateau (12 references by 10 users)

20 – 50 min

9.2.3. Coming down (15 references by 10 users)

1-2 h

9.2.4. After effects (9 references by 8 users)

3-4 h

9.2.5. Hangover – day after (6 references by 5 users)

(users reported light hangover, feelings of being tired, but without very unpleasant effects)

9.3. Effects of 3-MMC reported by forum users (n=113 references by 48 users)

Users describe the effects of 3-MMC as pleasant, with mechanisms of action believed to be similar to mephedrone but with reduced side effects. The substance is described as being more empathogenic than stimulating. The reported effects are dependent both on the dose and the general tolerance for cathinones. Adverse effects were mentioned at higher dosage levels.

9.3.1. Physical (n=55 references by 31 users)

Pupil dilation, nystagmus, slightly increased blood pressure, increased sweating.

- *Desired*

“Light on the body”, pleasant stimulation, not giving a heavy load on the cardiovascular system, causing only a slight increase in blood pressure or heavy breathing, slight increase in body temperature (reported filling of pleasant heat in the body), giving less vasoconstriction than mephedrone, does not influence the sleep heavily.

- *Undesired*

Lockjaw, dry mouth feeling, dehydration, nystagmus (some users described it as pleasant), high blood pressure, increased sweating, nausea.

9.3.2. Psychological (n=79 references by 42 users)

Users expressed the believe that the mechanism of action included the involvement of serotonin receptors, resulting in empathogenic effects and euphoria rather than pure stimulation.

- *Desired*

Significant amount of euphoria and “empathy” (understood as willingness to hug, gaining pleasure of talking with others via internet or live) with light stimulation; more pleasurable than mephedrone; lack of so-called *nieogar*¹ and unpleasant come down and after effects.

¹ „nieogar” comes form polish word „nie oraniać” which could be translated directly as “do not engulf” It is a slang term referring to racing thoughts, willingness to do many things, but not being able to concentrate on one single activity. It is typical for over stimulation caused by drug.

- *Undesired*

Unpleasant come down and after effects (mainly following large doses), depression, lack of willingness to live, paranoia, acceleration of thoughts, apathy, reluctance, problems with memory (reported problems with “putting together last couple of hours and forgetting what one was about to say during conversation), lack of stimulation.

9.3.3. Sought (n=16 references by 11 users)

3-MMC is described in context of mephedrone. In general, users are seeking euphoric and empathogenic effects without too much pure stimulation.

9.3.4. Tolerance (n=25 references by 18 users)

In the opinion of most of the users, tolerance developed rapidly, which was believed to be characteristic for cathinones in general. Additionally, when the dose was considered too high, the boosting dose was perceived to have noticeable effects. The development of tolerance was noted following 3-MMC consumption over a period of several days. On the third day, noticeable effects were not observed. Several users declared that single session administrations did not result in tolerance when followed by boosting.

9.4. Route of administration (n=85 references by 43 users)

The most common route of administration described by users is oral administration (**n=61 references by 35 users**) and nasal insufflation (**n=52 references by 30 users**). The substance is also being used by various routes of administration during single sessions. Users felt that the substance was not active enough when nasally insufflated in the initial instance, thus, oral administration was the preferred method of ingestion (in some cases, bombing was mentioned) followed by boosting dose nasally or orally. Intravenous injection (**n=11 references by 8 users**) and rectal administration (**n=2 references by 1 user**) were described less frequently. The rectal route of administration was considered uncomfortable but yielding “good” effects. Intravenous injection was described to provide a “nice” onset of effects and considered as “one of the best from cathinones present on the market”.

9.5. Other substances referred to when discussing 3-MMC (n = 128 references by 61 users)

9.5.1. Comparable effects (n=42 references by 27 users)

- Mephedrone. It was considered by users to be lighter on the body, not heavy on the heart and resulting in a less pure stimulation and more euphoria. It was perceived to be less likely to cause “nieogar²” and “schizy³”, but noted nystagmus similar to mephedrone (some users referred to this as “jumping eyes”). Several users described the substance to be less satisfactory compared to mephedrone based on the extent of experiencing less euphoria and less empathy. 3-MMC was often described as the best mephedrone replacement from the cathinone family available on the market. Initially, 3-MMC was marketed as a mephedrone substitute and considered expensive but prices were noted to later the prices decrease significantly).
- Pentedrone (3-MMC was described as less psychotic and longer lasting following intravenous injection).
- Other substances were also mentioned: eth-cat and 3,4-DMMC, 4-MEC (3-MMC was described as weaker with shorter duration similar to mephedrone). Ethylone (3-MMC was rated preferable), 5-IT (described as having longer lasting effects without euphoric stimulation than 3-MMC and display of milder come down than 3-MMC).

9.5.2. Other in the same session (n=77 references by 40 users)

- Pentedrone (most often mentioned substance; the starting dose of 3-MMC was lower (100-200mg) and the dose of pentedrone ranged from 30 to 100mg (most often recommended dose ranged between 50 and 70mg)).
- NEB (described as rather unpleasant and heavy on the heart with unpleasant come down and after effects; NEB also seemed to dominate the effects of 3-MMC in terms of pure stimulation and almost immediate come down effects).
- Alcohol with synthetic cannabinoids (mixed with UR-144 and AM-2201 was described as being less effective but causing unpleasant come down effects).
- Alcohol - mostly beer (in limited amounts perceived to yield pleasant effects; at higher doses considered to eliminate the effects of beta-cathinones).
- Other substances (3,4-DMMC, codeine, cannabis, 4-MEC, “polish compot” – all described as positive; alpha-PVP, 6-APB, brephedrone, eth-cat, MPA - only mentioned; 4-FMA and 3-FA - described as not attractive; ethylone - reported generally to result in unpleasant effects including vomiting and nausea; 5-API - described by one of the users as potentially dangerous and not recommended because of dehydration and increase body temperature), clonazepam, 4-FA.

² „nieogar” comes from the Polish word „nie oraniać” and is a slang term referring to racing of thoughts, willingness to do many things, but not being able to concentrate on one single activity. It is typical for over stimulation caused by a drug.

³ Slang term referring to all more or less intensify psychotic states. Most often accruing during drug taking, coming down effects or after heavy drinking. Sometimes also refers to state of extreme exhaustion caused by stress and/or studying (source: <http://www.miejski.pl/slowo-Schiza>)

9.5.3. Substances used to enhance effects (n=60 references by 32 users)

- Pentedrone (most frequently mentioned substance and considered giving pleasant and empathogenic effects with mild come down and after effects; recommended mixtures were 2:1 (3-MMC: pentedrone); larger pentedrone compositions were felt to be more stimulating and less pleasant. In order to avoid a heavy bodyload, users suggested to keep the pentedrone dosage levels low (50-70mg).
- Alcohol in limited amounts perceived to yield pleasant effects; at higher doses considered to eliminate the effects of beta-cathinones.

9.5.4. Substances used to manage negative effects (n=9 references by 8 users)

The following substances were taken with the goal of limiting the stimulation effects and insomnia as part of the come down period after 3-MMC intake:

- UR-144 (most often mentioned),
- Marihuana,
- Alcohol (beer),
- Zolpidem and benzodiazepines,

9.5.5. Substances quoted as agonists/antagonist (n=3 references by 3 users)

3-MMC was described to modify the effects of other drugs but other substances were also mentioned for their ability to impact on 3-MMC effects.

- Methoxetamine (potentially dangerous – some users strongly discouraged the use of dissociative agents together with simulants as they were observed to result in very high blood pressures).
- Opioids (noted to reduce “the rush” following 3-MMC ingestion).
- NEB (3-MMC was noted to abolish the effects of NEB. Unpleasant come downs and after effects were described).

9.6. Appearance and preparation

9.6.1. Appearance (n = 7 references by 9 users)

- Powdered and crystal form
- White colour

The crystal form was considered stronger and faster acting than powdered material.

9.6.2. COOK/PREPARATION (how prepare a product before a specific use) (n=12 references by 10 users)

Usually, the preparation (especially when used by nasal insufflation) was deemed obvious and not described in details. Only two posts were encountered that provided any details.

“The bomb”: the substance is wrapped in a tissue and then ingested. In this case, 180 mg material was weighed on a balance before bombing (oral administration). The user described that this was followed by drinking a glass of apple-mint juice. Another description highlighted the dissolution of the material in a liquid.

9.7. Patterns/Frequency of use (n= 34 references by 22 users)

9.7.1. During the days (week)

The drug is not taken on consecutive days due to tolerance increasing tolerance. Users also recommended abstinence (e.g. a week long) in order to minimise development of tolerance.

9.7.2. During the event

Most of users described taking boosting dose. When boosting the second and following doses are taken after 20 minutes to 1,5 h after the initial dose. There is no reference describing how many boosting doses are taken.

9.8. User's views and experiences on the online market use – survey online (n= 111 discussions)

Did you use any of the following new psychoactive substances?

3-MMC	111	8,0%
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What was the new psychoactive substance you used last time?

3-MMC	76	7,1%
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During the last twelve months, on how many days have you taken selected new psychoactive substance?

	Not at all	1 to 3 days	4 to 9 days	10 to 19 days	20 days or more
3-MMC	5,3%	39,5%	19,7%	6,6%	28,90%

During the last 30 days, on how many days have you taken selected it

No answers

b. Effects

Did you feel anything unpleasant after you used the substance last time? What were the unpleasant feelings after you used the substance? (*several answers are possible*)

	unpleasant, intensive hallucinations, delusions	strong craving to use more	depression, dejection	strong paranoia, fear, anxiety	aggression	excitement, sleeplessness	fatigue, exhaustion, sleepiness	muscle ache,, cramps, jaw clenching	tremors	seizures
3-MMC	7,9%	5,3%	14,5%	15,8%	11,8%	,0%	19,7%	17,1%	11,8%	13,2%

	muscle, I have problems with moving	headache	nausea, vomiting	rate, palpitation, chest pain	breathing difficulty, dyspnea	sweating	overheating	dehydration and/or diarrhea	problems of sight	changed colour, spots, blisters, rash etc.	other
3-MMC	6,6%	5,3%	7,9%	5,3%	19,7%	10,5%	18,4%	7,9%	9,2%	13,2%	7,9%

9.9.Context of consumption

Last time when using the substance which you selected, what were circumstances?

	Alone at home	With friends at your or their home	Alone in a club, pub or at a party	With friends in a club, pub or at a party	Alone outside/in the countryside	With friends outside/in the countryside	At school/work	Other circumstances
3-MMC	13,2%	40,8%	2,6%	22,4%	,0%	17,1%	,0%	3,9%

What are the most important intended effects that you seek when you used the substance which you selected? (*several answers are possible*)

	To bond with others, to socialize	To get high	(sexual performances not	To improve sexual intercourse	To increase the positive effects of another drug	To reduce the negative effects of another drug	To modify perception	To soothe pain	To allay or alleviate anxiety	To fight sleeplessness	To fight tiredness	To relax	to stimulate the brain activity for learning or work	others
3-MMC	65,8 %	72,4 %	11,8 %	26,3 %	7,9%	6,6%	34,2 %	3,9%	18,4 %	2,6%	13,2 %	35,5 %	10,5 %	3,9%

9.10. Route of administration

Last time when using the substance which you selected, what were the typical ways of administration for you? (*several answers are possible*)

	Smoking	Waterpipe	Bong	Vaporizer	Chasing the dragon	Sublingual	Ingestion	Snorting	Rectal	Injection
3-MMC	9,2%	1,3%	2,6%	,0%	,0%	5,3%	28,9%	88,2%	1,3%	2,6%

9.11. 5. User's views and experiences on the online market

During the last 12 months, on how many different online shops have you ordered?

	Frequency	Percent
1	19	55,9%
2 to 5	14	41,2%
5 to 10	1	2,9%
More than 10	0	0%
Total	34	

Which were the most important criteria for you when you selected the shops in the last 12 months?
(no more than 5)

	Frequency	Percent
I followed the advice of other users	16	21,1%
I had a good experience with the shop already	17	22,4%
Its use the site of a Secure payment method	5	6,6%
Good profile at pages where client share their experience (fe.; SafeOrScam)	15	19,7%
It is specialized into one substance	3	3,9%
this was cheaper than other online shops	10	13,2%
The New Psychoactive Substance are of better quality than other online shops	12	15,8%
The New Psychoactive Substance are shipped in discrete packets	10	13,2%
The shipment was more reliable than other sites	7	9,2%
The New Psychoactive Substance I was looking for was not available in other online shops	2	2,6%
No o online shop sends to my country the New Psychoactive Substance I was looking for	0	0,0%
No specific criterion	7	9,2%
Other	1	1,3%

Population: only users, who ordered NPS during last 12 months

Where did you look for information about New Psychoactive Substance? (*several answers are possible*)

	Frequency	Percent
from an online shop	4	5,3%
from a web forum	34	44,7%
from friends / family / acquaintances	26	34,2%
I don't need any information	15	19,7%
from my dealer	5	6,6%
from TV/radio	2	2,6%
from newspapers, magazines	4	5,3%
I don't have any information	16	21,1%
Other	11	14,5%

Population: only users, who ordered NPS during last 12 months

10. Relevant literature

EMCDDA 2012 Annual report on the state of the drugs problem in Europe

EMCDDA (2014). European Database on New Drugs (EDND) (2014). "3-Methylmethcathinone / 3-

MMC". European Monitoring Centre for Drugs and Drug Addiction (EMCDDA). Lisbon, Portugal.