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Safer Using

SUPPLEMENTS GUIDE | 'PRE-ROLLING' AND 'POST-ROLLING' FOR MDMA TO ENHANCE THE EXPERIENCE AND REDUCE NEGATIVE EFFECTS



DISCLAIMER: It's important to note the science behind this supplement guide and their protective effect is based on animal studies, which don't necessarily translate to humans. It does however make perfect sense in theory and there are plenty of anecdotal reports of supplementing having a noticeable effect on the negative after-effects of MDMA ('ecstasy') use.

I am not a doctor or a scientist and don't claim to be. Always do your own research and come to your own conclusions. There may not be a way to completely prevent the neurotoxicity associated with certain substances, however any protection at all is better than none.

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Do you constantly find yourself waking up after a festival or night out feeling empty, lethargic and struggling to recover? Do you find that your hangovers or come downs are becoming increasingly more difficult to handle, or that your indulgence in substances has left you depressed and struggling to function in your day to day life? If these experiences sound familiar, it might have something to do with *neurotoxicity*. The term neurotoxicity refers to the damage or destruction of cells (neurons) in the brain. Recreational drugs work by acting on these neurons and manipulating the behaviour of these chemicals in the brain, which is how they produce their desired effects.

What goes up must come down, it's true – but this doesn't mean you have to come down so far below your baseline. It is possible to enjoy yourself without having to pay such a huge price. This article mainly focuses on the ways that MDMA can cause damage to your brain cells, and ways to help combat or prevent damage.

HOW CAN MDMA CAUSE DAMAGE?

The main cause of drug-induced neurotoxicity is something called Oxidative Stress – which is caused by the excess formation of toxic chemicals known as 'free radicals' (aka Reactive Oxygen Species) in the brain. When the levels of these free radicals become too high in the brain, the body no longer has enough antioxidants to remove them all. Our brains are then left unprotected from the free radicals, and they can go on and damage or destroy our neurons.

Neurons can also be damaged through another process called *excitotoxicity*. This happens when the excitatory neurotransmitter Glutamate, which is toxic to cells in high concentrations, rises to higher levels in the brain. This can result in over stimulation and the damage or self-destruction of neurons. Magnesium is the substance the body uses to naturally protect itself from glutamate induced brain damage. Using MDMA or other stimulants at high doses, and withdrawing from alcohol or benzos, can lead to excitotoxicity.

There is a lot of debate about MDMA's potential neurotoxicity and whether it's a concern for human users. However, if you're taking any drugs recreationally – even just alcohol – it's much better to be safe rather than sorry. Fortunately, there are ways to protect your brain from oxidative stress, reduce your chances of doing damage to the cells in your brain, and

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MY PERSONAL EXPERIENCE WITH SUPPLEMENTATION

Personally, and purely anecdotally, this supplement guide has completely changed my drug taking experience. I can now enjoy the occasional MDMA experience without the fear of destroying my brain or my mental health. Without the fear of having to suffer through the depression or feeling of emptiness for weeks or months after my dose, and then not being able to tell whether I'm still coming down or just depressed.

The 'come down' I experience now results in an afterglow that lasts a couple of days before I return to baseline. The psychological benefits of the experience can last for up to two weeks after. I no longer 'come down' further below my baseline or experience a lot of the negative aftereffects I used to. In fact, I now actually find myself in a better mood than before I took the substance. This tells me the supplements I'm taking are at least doing something to protect my brain.

IMPORTANT SUPPLEMENTS THAT MAY REDUCE OR PREVENT NEUROTOXICITY

N-ACETYL-CYSTEINE (NAC)

NAC is involved in the synthesis of Glutathione by our bodies. Glutathione is the main antioxidant produced by the human body. Supplementing NAC will mean more Gultathione produced, which can protect us against oxidative stress and damage to the brain.

NAC may also be helpful for healing the neurotoxic damage associated with cocaine and amphetamine use, as well as improving several mental disorders. Can be purchased online or in health/vitamin shops.

~NAC brings the magic back~

NA-R-ALPHA LIPOIC ACID (NA-R-ALA)

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rats, even when body temperatures rose. Can be purchased online or in health food/body building shops.

ACETYL L-CARNITINE (ALCAR)

Another potent antioxidant that synergises with R-ALA, has shown to prevent MDMA neurotoxicity in rats. Can be purchased online or in health food/body building shops.

HIGHLY BIOAVAILABLE MAGNESIUM

An important one and something most of us are deficient in. Supplementing Magnesium will give your body the substance it needs to naturally protect its neurons from killing themselves due to excitotoxicity. Magnesium can also reduce or prevent teeth grinding, jaw clenching, and muscle tension.

Some forms known to be really well absorbed by the body include, Magnesium L-Threonate, Magnesium Citrate and Magnesium Glycinate. Can be purchased online, in Pharmacies, or vitamin/supplement shops.

VITAMIN C

A common antioxidant found in fresh fruit and juice, especially citric fruits. has shown to prevent MDMA neurotoxicity and liver toxicity in rats. Vitamin C from fresh fruit and juice is preferred as it's better absorbed by the body. The chewable 500mg tablets are also a good option and are easily available from pharmacies and supermarkets.

Vitamin C and other antioxidants are known as 'free radical scavengers'. This is because antioxidants can prevent oxidative stress in your body by hunting down and removing the excess free radicals before they can damage or destroy neurons.

GRAPE SEED EXTRACT (VITAMIN E AND FLAVONOIDS)

Grape seed extract contains vitamin E and flavonoids. Rats deficient in vitamin E were found to experience an increased severity of MDMA induced neurotoxicity. Vitamin E and flavonoids are also potent antioxidants that will fight off excess free radicals and prevent oxidative stress. Not to be confused with grapefruit seed extract. Can be purchased online, in pharmacies or in health food/vitamin shops

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GREEN TEA EXTRACT (EGCG)

GREEN TEA EXTRACT CONTAINS EGCG, AN ANTIOXIDANT WHICH FIGHTS FREE RADICALS. CAN ALSO REDUCE THE DIFFICULTY OF URINATING WHICH SOME PEOPLE EXPERIENCE WHILE ON MDMA. PURCHASED ONLINE, IN PHARMACIES OR HEALTH FOOD/VITAMIN SHOPS.

5-HTP

DO NOT CONSUME 24 HOURS BEFORE OR AFTER MDMA INGESTION, AS MAY INCREASE CHANCES OF SERATONIN SYNDROME.

Your body creates serotonin through a two-step process. First, the amino acid Tryptophan, which we get in our diets, is converted into 5-HTP. 5-HTP is then used by your body to make serotonin.

MDMA use has can block the enzyme in the body that converts Tryptophan into 5-HTP. So, for a couple of weeks after use, a lot of the tryptophan you're consuming through your diet isn't turning into serotonin. Taking 5-HTP skips this first step and will help replenish your serotonin levels much more quickly.

Taking it with Green tea extract as EGCG will help to make sure it's your brain that's getting the serotonin, not your gut. You can purchase 5-HTP online, or in body building/health food stores.

MELATONIN

Melatonin is produced naturally by your body in low light and helps regulate your sleep pattern. Taking melatonin can help you get to sleep after taking stimulants. It is also a potent antioxidant that will help prevent any lingering free radicals from inducing oxidative stress and doing more damage. Purchased online, or in pharmacies.

DOSING GUIDE

6-12 HOURS BEFORE dropping

- Magnesium Glycinate or similar - 100-200mg
- Grape seed extract - 100mg

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- Grape seed extract - 100mg
- Vitamin C - 500-1000mg
- Grapefruit juice - small glass (optional)

ALONG WITH MDMA INGESTION

- Na-R-ALA -100mg
- Acetyl-L-Carnitine - 500mg
- Water - 250ml
- Electrolytes - 250ml

WHILST ROLLING

- Na-R-ALA - 200mg (ever 2 hours of the roll)
- Grape seed extract – 100mg
- Acetyl-L-Carnitine - 500mg
- Magnesium Glycinate or similar – 100-200mg
- Green tea extract – 400mg
- Vitamin C - 500-1000mg
- Water - 250ml (an hour or 500ml an hour when dancing)
- Electrolytes - 250ml (every 1-2 hours)

POST-ROLL

- Magnesium Glycinate – 100mg - 200mg
- Na-R-ALA - 100mg
- Vitamin C – 500 - 100mg
- Acetyl L-Carnitine - 500mg
- Melatonin – 5-10mg before bed (using larger doses for its antioxidant effect.)
- Water - 250ml - 500ml
- Electrolytes - 250ml

3-7 DAYS FOLLOWING MDMA USE

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IMPORTANT NOTES

- Keep your body temp down and your water and electrolyte intake up.
- Know your substance, your mind and your body,
- Always do your own research and come to your own conclusions.
- Reduce or avoid mixing stimulants and MDMA.
- Antioxidants are essential in protection from neurotoxicity caused by oxidative stress.
- Magnesium is essential for your brain to naturally protect itself from Glutamate induced damage.
- Eat your fruit and veggies, get a decent amount of sleep and look after your brain!

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