



## Alert from the NDEWS Web Monitoring Team: Online mentions of 3-MMC

**What was found?** 3-MMC has had an upward trend since mid-April. It has seen a larger spike in discussion since mid-July. It has had almost an 18% increase since the web monitoring team last reported on it on July 12th.

**What is 3-MMC?** 3-MMC, also known as Metaphedrone, is a synthetic stimulant cathinone similar in structure and effects to 4-MMC (Mephedrone). It typically comes in the form of a white powder. 3-MMC has both stimulant and euphoric effects. 3-MMC has "stronger amphetamine-like stimulant properties" when compared to 4-MMC according to at least one pharmacological study.

**How is it being discussed?** Commenters most frequently reported 3-MMC's use as a "party drug". 3-MMC was compared to other stimulants like cocaine and MDMA. Online discussions of 3-MMC often focus on its effects and comparisons to other stimulants. Reddit users report that 3-MMC has greater stimulant effects with less empathogenic effects as compared to 4-MMC. A unique aspect of 3-MMC discussions is the focus on its odor with both the drug, and the body odor it supposedly causes, being described as unpleasant. Many Reddit users report severe negative after-effects including anxiety, depression, vomiting, and lack of sleep with commenters reporting that these after-effects are more pervasive with frequent use. Taking another dose of 3-MMC before the effects of the previous dose have worn off is commonly reported as an issue. Commenters caution each other to take 3-MMC in small amounts and to avoid taking other substances. Since the last report there has been increased discussion on 3-MMC testing showing contamination of 3-MMC with other synthetic cathinones and novel psychoactive substances (NPS). At raves and music festivals in the Netherlands, there have been warnings about contamination of 3-MMC.

**Drug Terms Searched:** 3-MMC, Metaphedrone, 3-MC