

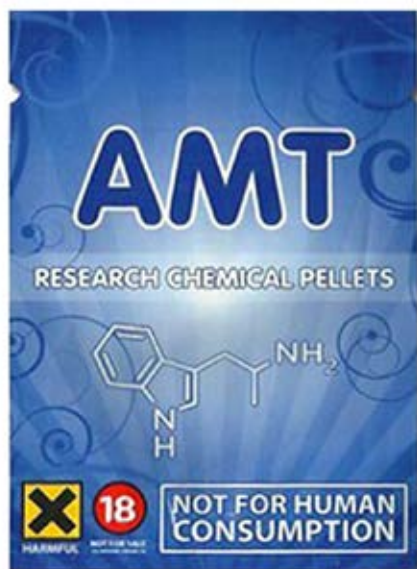
Information Sheet

AMT

Version: 1.5

Original version: 09/02/2014

Revision date: 18/03/2014



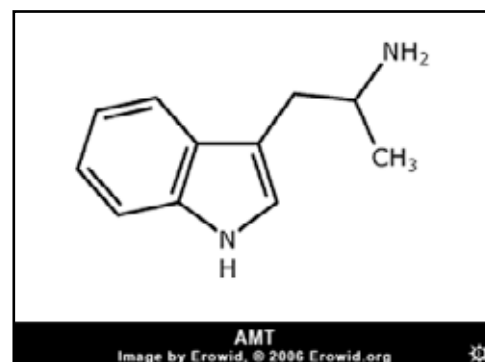
Drug overview: Alpha-methyltryptamine (α MT/AMT) is a new psychoactive substance (legal high). It is a long acting, synthetic psychedelic and euphoriant¹. 5-IT is the positional isomer of AMT² and it is difficult to distinguish between the two chemicals in routine GCMS analysis.

Chemical name(s): Alpha-methyltryptamine/
(IUPAC) 1-(1H-indol-3-yl)propan-2-amine.

Classification: Psychedelic³. It can also be described as a tryptamine¹ and euphoriant⁴.

Background: AMT was originally developed as an antidepressant in the 1960s

by the company UpJohn⁵. It was sold as a pharmaceutical drug under the name Indopan in the Soviet Union⁶ in 5 and 10 milligram tablets⁷. In the 1990s AMT resurfaced as a drug of recreational use made available over the internet. It was first seen in the UK in February 2011.



Street/brand names: AMT has been sold on its own in powder, tablet or capsule form. It has been sold under different names (for example under the street name of Disco Biscuits), and has been found in at least two different types of unmarked pills²³.

Appearance: AMT^{6,8} is an off white or yellowish/orange powder. The consistency can be either clumpy or fine. It is also found in tablet form. These are commonly referred to as pellets to avoid accusations that they are medicinal products. They are small blue pellets typically containing 30mg freebase powder⁶. AMT is also found in freebase form.

AMT or 5-IT has been discovered in tablets sold as Ecstasy including pale pink tablets with a cherry logo⁹ and white tablets with a Mitsubishi logo¹⁰. Due to the complications of distinguishing between AMT and 5-IT in analysis it is not confirmed which is the active ingredient in these tablets

Cost: Pellets cost approximately £5 per 30mg pellet¹¹. The powder form (purity unknown) costs approx £30 per gram and is available in amounts from 100mg at £7.50. The unit price decreases significantly with large quantities, e.g. 1000 pellets costing £1500, 100 grams costing approximately £875.

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Route of administration: AMT is often consumed orally, either by swallowing pellets, wrapping powder in a cigarette paper (bombing) or by taking a small bit of powder from tip of a moistened finger (dabbing). The powder form can be smoked; the onset is much faster by this method.

It is possible to inject this substance or administer rectally, although these methods appear to be rare for this substance. Due to the intensity and or dose/response curve for AMT, IV administration would likely be very dangerous.

Dosage:¹²

	Oral	Smoked
Threshold	5-15mg	2mg
Light	10-20mg	4-5mg
Common	20-40mg	6-10mg
Strong	40-60mg	10-20mg
Heavy	60-100mg	

Pellets are reported to contain a dosage of 30mg¹¹.

Onset, duration and after effects:^{12,13} Oral doses have an onset of 30-120 minutes and peak at 3-5 hours. The duration is generally 10-14 hours although higher doses can last longer. After effects can be felt for a further 1-5 hours. As the effects can take over 2 hours to fully develop orally, it is not uncommon for users to re-dose in error thinking they have not taken enough initially. Users generally advise waiting at least 2.5 hours before re-dosing to avoid unwanted effects, or over-dosing.

When smoked, the onset is significantly quicker at 10-30 seconds with typical duration between 8-12 hours.

Brain chemistry: AMT is a reuptake inhibitor and releasing agent of serotonin, norepinephrine (noradrenalin), and dopamine¹⁶.

Typical effects and side effects:^{13,14,15} These are some of the typical effects and side effects experienced by people who use AMT, not everyone will experience all effects listed and many can be dose dependent.

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Physical		Mental	
Increase in energy	Dilated pupils	Mood enhancement	Empathy
Increased heart rate	Blurred vision	Visual patterning	Music appreciation
Decreased appetite and difficulty eating	Vision obscuring visuals at high doses	Closed eye visuals (CEV)	Mild open eye visuals (OEV)
Restlessness	Nausea and vomiting	Anxiety	Paranoia
Yawning	Muscle aches	Agitation	Panic
Impaired coordination	Headache	Mental confusion	Repetitive thoughts
Jaw clenching	Insomnia	Racing mind	Disturbed dreams

Comedown effects:^{14,15} Some users report experiencing a stimulant-like comedown, where they may feel an energy drain, low mood or experience flu-like symptoms and general tiredness/lethargy. This typically happens a day or two after use, which some users call the “Tuesday blues”. Some anecdotal reports suggest AMT has less of a hangover than drugs such as MDMA although this is not an indication of long term safety.

Patterns of use: Patterns of use appear to be similar to drugs such as LSD. There seems to be little tendency to re-dose quickly unless a user believes they have not taken enough to experience full effects.

Some users report “topping up” with other substances such as cannabis or other psychedelics or stimulants which some believes enhance effects; however side effects are much more likely when people mix AMT with other substances.

Long term effects/known harms: AMT is a relatively unknown substance and indeed little is known about the long-term effects and potential harms. AMT has the potential to cause serotonin toxicity¹⁷ especially at high doses or when mixed with other substances especially stimulants. AMT in conjunction with anti depressant/anxiety medications (SSRI/SNRI) has the potential to precipitate this condition.

Harm reduction: All drugs have the potential to cause harms and some of these can be very serious and rarely, life threatening.

If you choose to use AMT taking some simple steps can reduce some of the risks and help you stay safer.

- Ensure the environment (setting) is safe and comfortable for the duration of the trip experience, this includes physical surroundings, music, being with trusted company and removing any potentially dangerous objects e.g. knives
- Try a small test amount and wait three hours before taking any more
- Avoid mixing with other substances including alcohol
- If friends are displaying symptoms of serotonin toxicity such as overheating and extreme mental distress, do not restrain people or hold them down as this can exacerbate the condition
- Control quantities taken in one session
- Try not to use alone and tell friends what you are taking
- Use in company of someone who is not using (a “sitter”)
- Avoid consuming food immediately before using due to issues with nausea and vomiting
- Avoid if you have any history of mental health issues
- Carry condoms/dams and practice safer sex
- Seek help from medical support quickly if you experience any negative side effects
- AMT use can result in serotonin toxicity (see section on page 4 for details)
- **It is imperative not to confuse with 5-meO-AMT or other tryptamines which are incredibly potent as would likely result in an overdose if taken at same dosages as AMT**

Overdose & Emergencies: See DrugWatch Information Sheet for further information.

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As unconsciousness or overdose is possible try to make sure a friend is around who is not using the drug. If a user becomes unconscious call an ambulance, then place them in the recovery position to prevent choking (see images below).

Please note: if someone is displaying symptoms of serotonin toxicity (see page 4) it is not recommended to force them into the recovery position. Call an ambulance immediately.



Start by placing their arm as if they are waving.



Place the other arm across their chest and hold their hand against their cheek.



Lift up the knee that is furthest from you. Continue to hold their hand in place.



Turn them on their side by pulling the knee towards you and down.

Where to get help: We would advise anyone experiencing issues from AMT or other substances to seek medical support via their GP or the NHS. There are a wide range of local drug services throughout the UK, to find out what is available in your area please use the links below:

England: [Find Support | Frank](#)

Scotland: [Scottish Drug Services](#)

Wales: [Dan 24/7](#)

Northern Ireland: [Public Health Agency](#)

DrugWatch is currently an informal association of charities, organisations and individuals who share an interest in establishing a robust early warning system in the UK for all types of drugs. A list of current members, and a selection of drug briefings can be found [here](#).

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Special thanks go to Alice Bowman who produced an initial draft, which this briefing was based on.

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