White Magic, Miaow, Meph, Meow Meow, MC, M-smack, M-Cat

What is mephedrone?
Mephedrone is a man-made chemical that is related to cathinone, a substance found in the khat plant. It is a stimulant that is similar to amphetamines such as speed and ecstasy. Not much is known about the long-term effects of mephedrone as it’s quite a new drug.

What does mephedrone look like?
Mephedrone is a white, off-white or yellowish powder.

How do people take mephedrone?
Mephedrone can be snorted, swallowed if wrapped in paper or in pill-form or smoked. It has also been known to be injected.

Why do people take mephedrone?
Mephedrone may make people feel more awake, confident, euphoric and affectionate towards others around them. These effects may last roughly for an hour.

What are the risks?
There is growing evidence of a number of negative side effects and some serious health risks. People may experience nausea, paranoia, loss of appetite, anxiety and headaches after taking mephedrone. People have also reported insomnia, memory problems, nose bleeds, teeth grinding, dizziness and extreme changes in body temperature.

Mephedrone may cause heart and circulation problems. People have been known to have fits while on mephedrone as it affects your nervous system. It can also be dangerous to mix mephedrone with alcohol.
There may be risk of overheating and dehydration which may be fatal when other drugs such as ecstasy have been taken with mephedrone. This is more likely when dancing in hot clubs for long periods. To avoid this, drink water regularly and take breaks to cool down. But do not drink water in excess as this may cause water intoxication. Gradually drinking a pint of water each hour is recommended.

Those who inject mephedrone may be particularly vulnerable to overdose and injecting can carry the risk of catching HIV/AIDS from sharing needles and injecting equipment with others. Damage to the veins and arteries may also occur with people suffering from ulcers and even gangrene.

It can be difficult to know exactly what is in mephedrone as it may often be mixed with a variety of other substances, which could be potentially harmful.

**Is it addictive?**

Mephedrone is not physically addictive, however, it may be possible to become psychologically dependent on mephedrone, and as a result you may want to take more and more to feel its effects.

**What is the law?**

Mephedrone is an illegal Class B drug and the maximum penalty for possession is 5 years in prison and/or an unlimited fine. If you are caught supplying mephedrone the maximum penalty is 14 years in prison and/or unlimited fine for supply.