# Reliable Information On Drugs (RIOD) | Version 20190225-01

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#### **Contents:**

To add to the community I put together a list with useful and reliable sources grouped under specific headers for convenience. There's also a seperation being made on more easy-to-read information and the advanced/in-depth information for those who are interested in that. I hope this will help some people out and spread some knowledge! Note: Still needs work and more specific grouping of information under subheaders. This is just a template!

#### **IMPORTANT NOTE:**

People are **different** from eachother! The way a certain drug affects you **is not 100% the same** as it's effect on another person. This is due to an almost endless variety of factors (environmental, inter-personal, genetics, other pharmaceuticals etc). Always keep this in mind when researching information or answering others! Although the information below this point is based on scientific research, it is not necessarily the truth! Insights and guidelines change on the regular! Remember: always seek professional help when experiencing worrying symptoms/(side)-effects. This is not a replacement for medical care. Stay safe, enjoy, and bask in the dopamine-induced goodness! Happy learning all! - CultriX

## 1. Urgent/Symptoms/Concerns

<u>Links on the symptoms of a drug overdose and a tool that will give a prediction regarding symptoms:</u> Symptom checker that will provide you with advice. Note, this is technology, seek professional help when in doubt!!!

https://www.drugs.com/symptom-checker/

Important, essential information on drug overdose:

https://americanaddictioncenters.org/overdose

Even more on drug overdose signs, symptoms and treatment:

https://www.nhs.uk/conditions/poisoning/

#### 2. Accessible, easy-to-understand information on substances and basic pharmacology

Reliable, easy-to-read information on a substance (including signs and treatment of overdose): https://adf.org.au/drug-facts/

The very basics on neurotransmitters:

https://qbi.uq.edu.au/brain/brain-physiology/what-are-neurotransmitters

Information on use and abuse of methamphetamine:

https://www.drugs.com/cg/methamphetamine-abuse.html

The basics of pharmacology:

https://pharmaxchange.info/2011/03/basic-concepts-of-pharmacology/

On bioavailability and different ROA's (routes of administration):

https://pharmaxchange.info/2011/03/formulation-and-routes-of-administration-of-drugs/

### 3. Drug interactions and combinations (mandatory before trying a drug)

Interaction checking tool:

https://www.drugs.com/drug\_interactions.php

https://reference.medscape.com/drug-interactionchecker

Great easy-to-read chart about safety of different drug combinations:

http://wiki.tripsit.me/images/3/3a/Combo\_2.png

## 4. Overview: drug-classes, mechanisms of actions, (side)effect, basic pharmacology

One chart that covers it all: class, mechanism of action and effects:

http://web.mit.edu/zakf/www/drugchart/drugchart15.html

All exisiting classes of drugs (there's more than you think):

https://www.drugs.com/drug-classes.html

## 5. Drug-comparison and potency

A tool to compare drugs to eachother:

https://www.drugs.com/compare/

Chart on the potency of different stimulants and their equivalency:

http://www.uacap.org/uploads/3/2/5/0/3250432/stimulant\_equivalency.pdf

Benzodiazepine conversion tool:

https://clincalc.com/Benzodiazepine/?example

The answer to the endless debate: the difference between Methamphetamine and Amphetamine:

http://www.jbc.org/content/284/5/2978.long

### 6. Information by/from/for the community:

Information by users and for users (not 100% reliable although often very accurate):

**PsychonautWiki** 

Tripreports by users:

https://www.erowid.org/experiences/

Fantastic post from u/TheRaver1337 about the subject of amphetamine and safety:

https://www.reddit.com/r/Stims/comments/amnhkc/my guide to safely using amphetamines

## 7. Protip / Scihub / Free information:

If you are interested in scientific literature (PubMed, Journals) but rather spend your 40 dollars on a bag of meth instead of temporary access to an article this handy tool will unblock and grant free access to (most) of scientific publications:

https://sci-hub.se/

#### 8. More in-depth / advanced information:

Drugbank --> from A to Z

RxList --> for prescription drugs

PubChem --> more in-depth information about the chemistry aswell

<u>Examine</u> --> reliable and indepth information about supplements based on the most recent scientific insights

<u>https://isomerdesign.com/Home/</u> → Kind of starting portal to anything drug-related

https://nootropicscity.com/comprehensive-write-amphetamines-adderall-ritalin-vyvanse-

<u>concerta/</u> → Comprehensive information on stimulants

https://toxnet.nlm.nih.gov/ → TOXNET

https://toxnet.nlm.nih.gov/newtoxnet/hsdb.htm --> HSDB

https://toxnet.nlm.nih.gov/newtoxnet/toxline.htm --> TOXLINE

<u>http://www.guidetopharmacology.org/</u> → Pharmacology (in-debt)

https://www.braininitiative.nih.gov/ → Everything neuroscience

http://www.hmdb.ca/ → Everything on human metabolism

https://chem.nlm.nih.gov/chemidplus/chemidlite.jsp --> Chemid+ is a chemical database

https://chem.nlm.nih.gov/chemidplus/ → Chemid+

<u>https://clinicaltrials.gov/</u> → Registered clinical trials (ongoing)

https://www.genome.jp/ → Genome research and biochemical science (Kyoto University Japan)

<u>http://www.chemspider.com/Default.aspx</u> → Chemical Structure Database

http://bindingdb.org/bind/index.jsp → Database of measured binding affinities

https://www.practicalpainmanagement.com/ → Everything on painmanagement

<u>https://fasebj.org/</u> → International, transdisciplinary research covering all fields of biology at every level of organization

https://livertox.nih.gov/php/searchchem.php --> On Liver Toxicity

https://www.epa.gov/chemical-research/distributed-structure-searchable-toxicity-dsstox-database

<u>https://tox21.gov/</u> → Toxicology in the 21<sup>st</sup> Century

https://comptox.epa.gov/dashboard --> Chemistry Dashboard

https://echa.europa.eu/ → ECHA Europe

https://dailymed.nlm.nih.gov/dailymed/index.cfm --> English version of FK

https://www.ebi.ac.uk/chembldb/ → ChemBL

https://www.ebi.ac.uk/chembl/beta/ → ChemBL New User Interface