

# **3MMC**

## **History/Background**

3MMC or 3-Methylmethcathinone, belongs to a class of synthetic organic compounds known as cathinones which are a sub-category of amphetamines. It arose in the 2010s as an alternative to mephedrone, which came under strict control. It is classed as a stimulant & entactogen/empathogen.

There is a lack of research available on the substance and therefore caution is advised.

3-MMC most likely acts as both a dopamine and norepinephrine releasing agent. This means it may effectively boost the levels of the monoamine neurotransmitters norepinephrine and dopamine in the brain by binding to and partially blocking the transporter proteins that normally remove them from the synaptic cleft. This allows dopamine and norepinephrine to accumulate within the brain, resulting in stimulating and euphoric effects.

It has been under review since 2012 in the EU and in 2016 the WHO looked into it's use but was unable to come to any firm recommendations on restrictions. Much of supply originates in China & India with the rest being locally produced in labs in various countries. Poland and the Netherlands also seem to be supply points.

## **Potential Benefits**

In the emotional realm, 3MMC can be useful for working out interpersonal issues through talk therapy. Mark Haden, the head of MAPS, has acknowledged it's potential in this regard. It's been said to leave one more clearheaded than MDMA and less touchy-feely.

Possible therapeutic uses would be for PTSD, anxiety, and depression.

It could also be used as a kickstarter for getting motivated and getting tasks done, but due to it's addictive nature one would have to not be prone to addiction and be rocksolid with their willpower in general. Coffee would be a safer stimulant for anyone in doubt. It's best to be in the presence of someone you trust or has deep compassion for any experimental journeys with this substance.

## **General Effects**

This is a subjective listing & it's important to note that these effects will not necessarily occur in a predictable or reliable manner, although higher doses are more liable to induce the full spectrum of effects. Likewise, adverse effects become increasingly likely with higher doses and may include addiction or death. (The vast majority of reports of deaths involving this substance are because people mixed it with other substances and/or used it in party settings) (1) (2)

For those who decide to experiment to find some therapeutic benefit, harm reduction, disciplined use and mindfulness are essential. Since the substance is habit forming it would be wise to set strict limits on it's use.

## **Physical Effects**

- **Spontaneous bodily sensations** - The "body high" of 3-MMC can be characterized as a moderate to extreme euphoric tingling sensation that encompasses the entire body. It is capable of becoming overwhelmingly pleasurable at higher doses. This sensation maintains a consistent presence that steadily rises with the onset and hits its limit once the peak has been reached.
- **Stimulation** - 3-MMC is reported to be extremely stimulating and energetic. It can encourage physical activities like running or dancing, which makes it popular for parties and raves. The style of stimulation can be described as "forced". This means that at higher doses, it becomes difficult or impossible to keep still as jaw clenching, involuntarily body shakes and vibrations become present. Proper dosing will avoid this possible uncomfortable aspect. Additionally, persistent or wave-like feelings of deep sedation and relaxation may be paradoxically present, typically at moderate to strong doses.
- **Physical euphoria** - Physical euphoria is very prominent when used responsibly (i.e. reasonable dosing and spacing between experiences) and can lead to profound feelings of social and physical disinhibition.
- **Tactile enhancement or hallucination**
- **Bodily control enhancement**
- **Stamina enhancement**
- **Temperature regulation suppression**
- **Increased or decreased bodily temperature**
- **Vasoconstriction**
- **Increased or abnormal heart rate**
- **Increased perspiration**
- **Nausea** - Nausea is most commonly present during the come up phase of the experience, and at higher doses, but has been reported to occur spontaneously in those who are thought to be susceptible to it.
- **Headaches**
- **Dehydration or dry mouth**
- **Appetite suppression**
- **Muscle contractions**
- **Pupil dilation**
- **Increased libido** - This effect is typically very strong. It is reported that this effect is often more prominent than that experienced from using mephedrone. This effect may contribute to excessive redosing, which is a commonly reported effect for this substance.
- **Orgasm suppression**
- **Vibrating vision** - At high doses, the user's eyeballs may begin to spontaneously wiggle back and forth in a rapid motion, causing the vision to become blurry and temporarily out of focus. This is a condition known as nystagmus.
- **Teeth grinding** - This effect when experienced alongside euphoria can often lead to users mildly or intensely clenching their jaw muscles, sometimes even to the point where the individual's facial expression begins to change. This is sometimes colloquially called "gurning" and is typically only experienced in common to high dosages.
- **Shortness of breath** - Due to the strong vasoconstriction 3-MMC causes, the blood flow to organs can be limited. When this happens in the lungs or in the chest muscles, the vasoconstriction can cause a blood oxygen deficiency and difficulty breathing.
- **Disturbed Sleep Patterns**

- **Seizure** -rare but possible

**Anxiety suppression**

- **Disinhibition**
- **Empathy, affection, and sociability enhancement**
- **Cognitive euphoria**
- **Increased music appreciation**
- **Immersion enhancement**
- **Enhanced motivation**
- **Thought acceleration**

The effects which occur during the offset (or decline) of a stimulant experience generally feel negative and uncomfortable in comparison to the effects which occurred during it's peak. This is often referred to as a "comedown" and occurs because of neurotransmitter depletion.

**Oral (3)**

<b>Total</b>	4 - 6 hours
<b>Onset</b>	10 - 30 minutes
<b>Come up</b>	30 - 60 minutes
<b>Peak</b>	2 - 3 hours
<b>Offset</b>	1 - 1.5 hours
<b>After effects</b>	2 - 4 hours

**Dosing**

Most common dosing is in the 150-200mg range. Light dosing would be 50-150mg. Strong dosing would be 250-350mg. For those who are sensitive 25-50mg would be enough to start feeling an effect.

<b>Threshold</b>	25 mg
<b>Light</b>	50 - 150 mg
<b>Common</b>	150 - 250 mg
<b>Strong</b>	250 - 350 mg
<b>Heavy</b>	350 mg +

## **Caution**

Tolerance to many of the effects of 3-MMC develops with prolonged and repeated use. This results in users having to administer increasingly large doses to achieve the same effects. After that, it takes about 3 - 7 days for the tolerance to be reduced to half and 1 - 2 weeks to be back at baseline (in the absence of further consumption). 3-MMC presents cross-tolerance with all dopaminergic stimulants, meaning that after the consumption of 3-MMC all stimulants will have a reduced effect.

This substance has been said to be more addictive than mephedrone. When addiction has developed, cravings and withdrawal effects may occur if a person suddenly stops their usage.

## **Interactions/Contraindications**

3MMC is contraindicated in people with a history of schizophrenia or seizures, in developing children, and in pregnant and lactating women. Avoid taking 3MMC if you're feeling highly nervous, stressed or depressed. It is not recommended for those with serious hypertension. Those with a history of drug dependence should avoid.

Contraindicated with Tramadol, GHB, mescaline, SSRIs, SNRIs, cocaine, 5MeODMT, poppers, and MAOIs. Avoid if on conventional heart medications.

Mixing with other stimulants is not advised. Alcohol should be avoided.

Combining with caffeine could increase anxiety and be uncomfortable.

Driving or operating machinery while under the influence should be strictly avoided.

Serotonin depletion is a definite risk with overuse. 5HTP should be strictly avoided due to risk of serotonin syndrome.

## **References**

- (1) <https://www.frontiersin.org/articles/10.3389/fpsy.2021.669921/full>
- (2) "Chemsex" <https://www.umontpellier.fr/en/articles/chemsex-les-dessous-de-lalliance-dangereuse-du-sexe-et-des-amphetamines>
- (3) <https://psychonautwiki.org/wiki/3-MMC>