

Ice, or crystal methamphetamine, is a type of **methamphetamine**. It is a **stimulant** drug and synthetic which means it is not a natural product. It typically comes in three different forms (ice, base and speed) that vary in their strength and the way they look.

Ice



WHAT IT LOOKS LIKE

Translucent crystals, sometimes shards.

Also known as

Crystal meth, meth, shabu, tina, glass.

METHOD OF USE

Smoking (e.g. with a glass pipe),
injecting.

Potency
(How strong)
LowMediumHigh

Base



WHAT IT LOOKS LIKE

Dampish, 'gluggy' substance. Colour
varies from white to brown.

Also known as

Pure, point, wax, meth.

METHOD OF USE

Swallowing, injecting.

Potency
(How strong)
LowMediumHigh

Speed



WHAT IT LOOKS LIKE

White or off-white powder.

Also known as

Goey, meth.

METHOD OF USE

Snorting, swallowing, injecting.

Potency
(How strong)
LowMediumHigh

The effects of ice differ slightly from speed and base because it is often stronger and gives a longer lasting 'high'. Because of this, it also has more serious side effects, both during use and in the 'comedown' or 'crash' after use. Ice has a greater potential for people to become **dependent** on using it, which can create long-term physical and mental health problems.

Ice is usually sold in points (which means 0.1 of a gram) or grams, and can be cut (mixed) with other substances. This reduces its **purity** and makes the effects even harder to predict.

Key Sources



Alcohol & Drug Foundation. (2016). Amphetamines. Melbourne: State Government Victoria.

McKetin, R., & Black, E. (2014). Methamphetamine: What you need to know about speed, ice, crystal, base and meth. Sydney: National Drug and Alcohol Research Centre, University of New South Wales.

