

## Drug Alliance Information Alert

### Stackers, DMX: Coricidin & Robitussin Abuse and Ephedrine

- **STACKERS** are legal; over the counter dietary supplements used to assist in weight loss and muscle enhancement. **These supplements can be extremely dangerous to your teenager's health.** They are available at local drug and vitamin stores and gas stations. Ephedrine, the main ingredient, is a natural herb and therefore not currently regulated by the FDA. The FDA is now considering regulation, as a result of many young, health-conscious people suffering from strokes, heart conditions, and other serious illnesses related to stacker use. It has also been linked to anxiety, sleeplessness, migraines, high blood pressure, and seizures and in some instances ephedra has been linked with death.
- **DMX: CORICIDIN & ROBITUSSIN ABUSE - Teens are abusing over-the-counter cold pills to get high** The latest craze among teens is using over-the-counter cold medicines and cough syrup in excessive doses as recreational drugs by deliberately ingesting **large amounts** of Coricidin HBP-Cough & Cold Pills or Robitussin by as many as 15 tablets at once. The ingredient is DXM or dextromethorphan: a legal cough medicine ingredient which is uncontrolled by the government and is available in over 125 different products. These medicines can be purchased off the drugstore or supermarket counter. When used correctly, DXM suppresses coughs safely, but in large amounts it produces a chemical imbalance in the brain that allows the kids to get high. The DEA says users report an LSD-like high: a heightened sense of perceptual awareness, altered time perception and visual hallucinations. The effects are respiratory distress, involuntary rapid eye movement, increased pupil size, unsteady gait, hallucinations, confusion, slurred speech, nausea and vomiting. Teens use terms such as dexing, robotripping, red devils, triple-C's or skittles (the red pills, resemble candy & bear three C's). There have been many reported cases of overdoses and at least 5 deaths nationwide. Lookout for excessive packages of cold medicine lying around.
- **EPHEDRINE** The FDA has banned the sale of any supplements containing ephedrine alkaloids (ephedra) throughout the US effective immediately. Ephedra, also called ma haung, is a naturally occurring substance derived from plants. Its principal active ingredient ephedrine acts as a stimulant and mimics the effects of an amphetamine (speed). It is extremely dangerous and has been linked to adverse health effects, including heart attack and stroke. In recent years ephedra products have been promoted to aid weight loss, enhance sports performance and increase energy