

## **Self-reported effects of supplements as a harm reduction strategy post ingestion of 3,4-methylenedioxymethamphetamine (MDMA)**

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### **Background/ Purpose**

3,4-Methylenedioxymethamphetamine (MDMA), is one of many drugs used within the electronic dance music (EDM) community. This descriptive study aims to examine the use patterns and perceived effects of supplements on MDMA effects amongst users of MDMA.

### **Methods**

An anonymous online survey was the primary source in gathering data across social media platforms to identify patterns of supplement usage after partaking in MDMA. The purpose of this study was to describe the use pattern of supplements amongst individuals who use MDMA and attend raves. As a secondary endpoint, we assessed whether there was a perceived benefit of supplements on MDMA adverse effects.

### **Results**

From a sample size of 150, participants were male (65%), female (29.53%), and non-binary (2.69%). They reported being of Asian descent (65.10%), White/Caucasian (18.79%), and Hispanic/Latino (8.79%), have used MDMA for >1 year (97.32%) at least every couple of months with an average consumption of 3 times per year. Majority of individuals (94%) reported using <1 to 1 full tablet in a given night along with alcohol (19.96%), cannabis (13.97%), and ketamine (14.57%), being the top 3 substances that were combined with MDMA. Depression (17.03%), fatigue (18.94%), and muscle pain/jaw clenching (15.11%) were the most reported (73.94%) to which 53.33% participants responded occurring after 24 hours after MDMA, and about 90% indicated that these effects lasted 1-6 days. Those who reported taking supplements (66.90%) noted 5-HTP, Vitamin C, and Magnesium as the most consumed, overall, with 5-HTP, Grape Seed Extract, and Green Tea Extract used post MDMA and Ginger, Magnesium, and NAC (N-Acetyl Cysteine), used prior to MDMA. 5-HTP (29.03%) and Magnesium (46.43%) were perceived to be the greatest contributors to recovery with 72.63% of individuals stating feeling better within 24-48 hours. When comparing recovery time, 74.47% of participants reported that there was a significant benefit with use of supplements.

### **Conclusion**

The findings from this survey provides insight into the use patterns of supplements and people's perceived benefits/risks.