

# Hidden in Plain Sight Nootropics



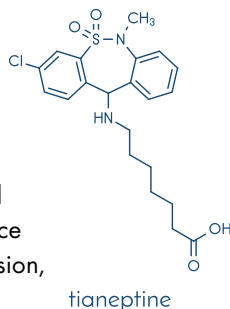
Addiction Prevention Coalition



Nootropics are drugs, dietary supplements, and other substances that claim to improve cognitive functioning. Commonly sold in gas stations and convenience stores, they are not approved or regulated for consistency and potency by the FDA. They have addiction potential and negative effects on the human body and mind. While legislators work to control Nootropics with DEA regulations, manufacturers continue to produce substitutes.

## Tianeptine

- Commonly known as “ZaZa®” or “Tianaa®”
- Works as a full opioid, effects similar to heroin
- Now banned in Alabama but other nootropics are replacing its spot on gas station shelves
- High potential for abuse which may lead to psychological and physical dependence
- High doses can cause drowsiness, confusion, difficulty breathing, coma, and death



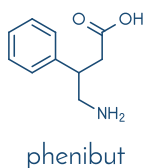
## Kratom (Mitragynine)

- Animal testing has supported that it is stronger than morphine, an opioid with extreme addiction potential
- In 2014 an NIH study revealed that over half of regular users of Kratom developed severe dependence
- Known side effects: Weight loss, dry mouth, chills, nausea, vomiting, constipation, changes in urine, liver damage, muscle pain, dizziness, drowsiness, hallucinations, depression, delusion, breathing suppression, seizure, coma and death



## Phenibut

- Commonly known as “Sleep Walker®” and “Phrenze®”
- GABA-mimetic and stimulates dopamine receptors
- Can be sold in forms of powder, capsules, and crystals
- Even when taken as directed, users can experience severe withdrawal symptoms
- Intoxication/overdose symptoms: Sedation, decreased consciousness, agitation, combativeness, delirium, and psychosis
- Intense withdrawal symptoms: Anxiety, agitation, tremulousness, heart palpitations, and insomnia
- Police describe individuals as combative, hallucinating, lost control of bodily functions



## Need Help? Just Call.

Recovery Resource Center 205.458.3377 (8:30am - 5pm)  
R.O.S.S. 844.307.1760 (Anytime, 24/7)

### Sources:

- <https://pubmed.ncbi.nlm.nih.gov/11830761/>
  - “Phenibut (beta-phenyl-GABA): a tranquilizer and nootropic drug”
- <https://pubmed.ncbi.nlm.nih.gov/30852710/>
  - “Phenibut (β-Phenyl-γ-Aminobutyric Acid): an Easily Obtainable ‘Dietary Supplement’ With Propensities for Physical Dependence and Addiction”
- <https://pubmed.ncbi.nlm.nih.gov/24698080/>
  - “Kratom (Mitragyna speciosa) dependence, withdrawal symptoms and craving in regular users”
- <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/kratom/art-20402171>
  - “Kratom unsafe and ineffective”
- <https://www.alacep.org/tianeptine-an-emerging-alabama-public-health-threat/>
  - “tianeptine: an emerging Alabama public health threat”
- <https://www.addictioncenter.com/stimulants/antidepressants/tianeptine-addiction-abuse/>
  - “tianeptine: addiction and abuse”

### News Articles on Phrenze Red:

- <https://myNBC15.com/news/local/police-link-gas-station-drug-to-recent-overdoses-in-alabama>
- <https://abc3340.com/news/local/police-issue-safety-warning-after-four-overdoses-on-gas-station-product-in-blount-county>
- <https://whnt.com/news/boaz-police-resident-concerned-about-nearby-overdoses-on-phrenze-red/>

**FIND HELP & GIVE HOPE** APCBHAM.ORG 205.874.8498