

Pills-a-go-go

Journal of Pills
Spring 1993



In this issue:

- The definitive cough syrup
- Thalidomide Fraud
- More Pill Crime

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Better Homes & Pills

Better Homes and Gardens' March issue had a sideways attack on pill-taking in an article denigrating the power of pills.

Noting that most people want to have something to show for their visit to a doctor (always a costly event) the article hinted that a lot of prescriptions aren't simply necessary. But they have a few things wrong.

Sure, an antibiotic is of practically no use to someone with a viral infection, but then again, it doesn't really hurt, either and can certainly help the body fight off any bacterial infection that may invade a body already weakened by a virus. The article went on to say that "patients who demand the very latest cure" could ask for Ceclor. Ceclor has been around so long it's off patent. It's not new.

Later, the article wrongly suggests that Tagamet has no effect against heartburn and that a doctor who prescribes such a drug to be taken as needed "is prescribing a placebo".

Even if this were true, what's wrong with a placebo? If the goal is to heal someone, why not use any method available? The next pill it singles out is Darvon, which, it says, is not superior in relieving pain than aspirin. While this may be true on an empirical basis, people who get Darvon *perceive* much less discomfort than those who know they're getting aspirin. Whether this is because of the "slight buzz some people get from it" or a placebo effect. Who cares?

Thalidomide Doc's Back!

But this time the old geezer, doctor William McBride of Sydney, Australia is in trouble.

Although he was the one who first alerted the world to the fetus-damaging properties of thalidomide in the 1960's, and earned our respect and gratitude, McBride tried to do it again — and committed fraud.

In 1980 McBride claimed that the morning sickness pill Debendox, made by Merrell-Dow could also deform fetuses. But 41 scientists called him on it and found he had falsified data in his reports.

At first the doc denied it, then came clean saying he faked the data "in the long-term interests of humanity."

○ Pills in Peril ○

It's way too soon to predict what the Clinton presidency might do to the pill industry — but so far it doesn't look good. Clinton's decision to target them as a prime cause of expensive medical care has already caused panic.

Biotechnology stocks, once the "can't lose" investment of the future, plummeted 20% at the end of February. Then Clinton proposed to eliminate the neat-o tax loophole that let U.S. pill-makers evade paying taxes by pretending their businesses were really located in sunny Puerto Rico (see PaGG #2). Closing that loophole will not only create jobs in the U.S. but will bring in an additional \$3 billion per year in revenue.

In response, drug companies have spent oodles of cash on full-page newspaper ads defending their pricing. They say (and correctly) that medicines make up no more than 5-6% of total health care expenditures, while perhaps doing more to alleviate disease and suffering than any other sector of health care. To defend their prices they point out money that must be recouped to pay the average \$230 million it costs to develop a drug — whether it works or not. Nor does the cost of drugs factor in the savings realized by people being healed or avoiding surgery.

PaGG must agree with them here and further point out that comparisons between drug prices in the U.S. and other countries (particularly Canada) are spurious. Canadian prices are regulated by the government and any extra cost is hidden in taxes. Furthermore, for a chart purporting to show gross differences between U.S. & Canadian drug prices in Time, the editors chose at least three drugs that can be obtained generically to pit against brand-name Canadian substitutes. Charts in other newspapers often compare only prices of drugs with the most dramatic differences — some of the drugs mentioned aren't even in the top 100 of the most popular.

Sadly, to combat this, drug companies are now asking for exemption from anti-trust laws prohibiting pricing collusion, ostensibly to help hold down drug prices they say aren't too high in the first place.

Poor Man's PCP

By Chet Antonini, editor and publisher

This issue's pill review is devoted to an extensive look at a chemical called Dextromethorphan Hydrobromide. It's the "DM" in DM cough syrup but you can get it in pill form as a constituent of various solid and liquid filled tablets.

It's also one of the most mystifying of the drugs in the pharmacopia. Even though it is the king of OTC cough medicines — the drug that replaced codeine as a non-narcotic cough suppressant and is in virtually all OTC cold, flu, & cough remedies, it is hardly mentioned in the most common reference works.

Take a look in the 1993 PDR — there's no description of it at all. Rifling the pages of a number of thick, important-looking books here at the PaGG research library, we found only sketchy and sometimes contradictory information on DM HBr.

One source called it a "narcotic antagonist" with "very good analgesic" properties. Other descriptions say DM is a cough suppressant only and does not kill pain. It is supposedly non-addicting. It supposedly does not get you high, yet legions of high-school and college students have a different opinion entirely.

"Full warping of subspace," said one DM experimenter, who took more than the recommended dosage. "Pin Head with expansive arms/legs. Incredible head size. Warping and folding of body. Incredible spatial distortions."

Nearly all experimenters find it enhances or at least changes the way they hear music — especially rhythm. They seem to enjoy the beat of music more and one even expressed a new found enjoyment of the various hisses and pops to be heard between the songs on a tape he was listening to!

For a drug that is related to some powerful anesthetics (like PCP), and is sold all over the place to keep us away from codeine, we find it strikingly stupid that DM is commonly mixed with acetaminophen and guaifenesin, which can both destroy your liver. And for a drug that can produce a strange and entertaining experience as well as cause convulsions and possible brain damage all by itself we think it's high time someone took a gander at the "Robo" experience.

To this end we begin with an experiment carried out by your faithful editor, then we'll look into some of the pharmacological aspects of the stuff before drawing a few conclusions. Here goes.

THE TEST

I drank about eight ounces of DM cough syrup. I was feeling kind of achy and wanted to see if it would kill pain. Previous smaller-dose experiments had shown me that the stuff could cause confusion and restlessness but I couldn't remember how much I'd taken.

Anyway, soon, any pain I had went away and I went to bed a couple hours later. It was like midnight, I felt neither awake nor asleep, sort of like a typical narcotic high but no great shakes. Mildly content, kind of nodding — just not as pleasant.

At four o'clock in the morning I woke up suddenly and remembered I had to go to Kinko's and also to shave off about a week's worth of stubble from my face. These ideas seemed very clear to me.

That seems normal enough except that I HAD A REPTILIAN BRAIN. My whole way of thinking and perceiving had changed. It was like I was operating with a medula only or something.

I was able to do any mechanical thing just fine, I had full control over my motor functions but I still had the impression that I was ungainly. That's because I felt detached from my body like on laughing gas. So I got in the shower and shaved. While I was shaving I "thought" that for all I knew I was hacking my face to pieces, or maybe not. Since I didn't see any blood or feel any pain I didn't worry about it. In fact, my "feelings" were so shallow or non-existent that I probably couldn't have felt anything like anxiety. Looking back I see now I had already lost any sense of time.

I knew I was capable of performing various actions but I could not conceive of any consequences to those actions. Had I looked down and seen another limb, I wouldn't have been surprised at all. I would have just used it. It was very much like riding inside my own body. I just wasn't too clear about what it was.

I gained a kind of insight during this experience that I've only previously associated with acid or maybe dreams. Like in a dream, you aren't surprised by the absurd (an extra limb) and like on acid you realize the absurdity of it all. But there were no hallucinations.

The world became a binary place of dark and light, on/off, safety/danger, when I felt a need, I determined it was hunger and ate almonds until I didn't feel the need anymore. Same thing with water. It was like playing a game. Staying alive, but with no fear at all. I sat down and tried to write down how this felt so I could look at it later. I was very aware that I was stupid. I wrote down the word "cro-magnon" I think I probably seemed like Benny on LA Law.

I thought I would have trouble driving but I had none. I only felt "unsafe" while in the dark street until I got into the "safe" car. Then I drove to Kinko's

where I parked in the deserted street, felt quite content to wait for the crossing lights etc. I knew that it was important to avoid cops, not to provoke them. Luckily there were only a couple of people in the store and one of them was a friend. She confirmed what I had seen in the mirror, that my pupils were of different sizes. One was out of round.

I was fucked up.

I knew there was no way I could make any subjective decisions or know if I was correctly adhering to social customs. I really didn't even know how to modulate my voice. Was this loud? Do I look like a regular person? Outside, my friend shivered so I asked her if it was cold because for me there were only two temperatures — tolerable/intolerable (I found that out in the shower). I guess I wasn't cold since I had no urge to change locations.

In no way was this like being drunk even though I kept thinking I probably looked drunk. But once again my motor skills were fine.

I understood I was involved in a big contraption called civilization and that certain things were expected of me, but I could not comprehend what the hell that might be.

All the words that came out of my mouth seemed equal. Instead of saying "reduce it about 90%" I could have said "two eggs and some toast, please" and these two phrases would have been the same. The whole world was broken down into elemental parts, each being of equal "value" to the whole, which is to say, of no value at all.

I sat at a table and read a newspaper. It was the most absurd thing I had ever seen! Each story purported to be a description of a thing or event, or was supposed to convey "news" of reality in another place besides here. This seemed stupid. An article on the war that's going on in Burma was described as "the war the west forgot". It had an "at-a-glance" chart that said Burma had so many acres and was approximately three times the size of the state of Washington.

This was meaningless and I knew it. The story did not even begin to describe the tiniest fragment of the reality of what was happening in that place. Since I hadn't always been a reptile I knew things were what they call "complicated" and that the paper's spiteful attempt to categorize individuals as "rebels" or "insurgents" or to describe the reasons for the agony was literally ridiculous. (I laughed out loud.)

But back to being a reptile. I found it kind of pleasant. I was content to sit there and monitor my surroundings. I was alert, but not anxious.

If someone had come at me with an axe I would have acted appropriately. Fight or flight. Every now and then I would do a true "reality check" to make sure I wasn't masturbating or strangling someone, because of my vague awareness that more was expected of me than just being a reptile. At one point I ventured across the street to a hamburger place to get something to eat. It was closed and yet there were workers inside. This truly confused me and I considered a way to simply run in, grab the food and make off with some. Luckily, the store opened (now it was 6 a.m.) and I entered the front door just like a normal consumer.

It was mentally difficult to remember how to do a money-for-merchandise transaction and even more difficult to put it into words but I was successful. I ate bite by bite until I was full. If I had become full before finishing the hamburger, I think I would have simply let it fall from my hand.

The life of a reptile is boring to us, but I was never bored when I was a reptile. If something started to hurt me I took steps to get away from it, if it felt better over here, that's where I went. Now, 24 hours later, I'm beginning to get my neocortex back (I think). Soon, I hope to be human again.

But while I was a reptile *I still believed in God*. I didn't feel like praying or anything (in fact that seemed ludicrous) but there was no diminishment in my belief. I knew deep down, that there was no reason for my existence that I could understand — I just knew I existed. I didn't care why. That seems different than I might have expected of a reptile.

It's only as a human that I care about why I exist. As a reptile I could see it was none of my business.

Nothing like becoming a reptile for a little while to straighten you out on a thing or two.

The Pharmacology of DM

Here is a description of Dextromethorphan, kindly provided by a colleague in Ohio. In it, he refers to DM as DXM. I put this here so in case you're on cough syrup you can follow the bouncing ball.

"Dextromethorphan acts as a cough suppressant via its agonist (activating) activity at mu-opioid receptors. Unlike co-



deine, it does not seem to activate other opioid receptors, except for the sigma receptor (see below).

As far as its "other" effects, DXM is in the same class as ketamine, PCP, MK-801, and several other NMDA open channel blockers / sigma opioid ligands.

The sigma opioid receptor's function is unknown but it may be implicated in schizophrenia. Sigma opioid agonists produce both the positive and the negative symptoms of schizophrenia, unlike dopaminergics which produce only the positive symptoms.

The NMDA receptor is a fast ion-channel receptor which is normally activated by the excitatory amino acids and possibly potentiated by glycine. There is a second NMDA receptor subtype in the cerebellum (this may account for DXM's perceived effect on motion). NMDA receptors probably exist in several different subtypes. DXM, ketamine, PCP, and other similar chemicals act as "open channel blockers." Upon the opening of the NMDA channel, the chemicals enter the channel and block ion transfer. DXM is a non-competitive blocker.

In addition to this, there is a second "PCP2" binding site (the PCP1 site is the NMDA open channel block site). This may be a biogenic amine reuptake complex. If so, then this class of chemicals may act as reuptake inhibitors.

The role of the PCP2 site is poorly understood.

I don't know offhand the binding of DXM to sigma, PCP1, and PCP2 in comparison to ketamine, MK-801, and PCP. All of these drugs are being studied for their effects in preventing damage to the brain during seizure.

In terms of effects on humans, described effects include dissociative anaesthesia, mild hallucinations, enhanced response to music (including highly pleasurable responses), and disturbances in motion. Nausea can occur. DXM has some stimulant effects.

In terms of sources, DXM is available over-the-counter in many countries in tablet form. Robitussin Maximum Strength Cough (not Robitussin DM) contains DXM with nothing else (except a little alcohol). Robitussin DM also contains an expectorant which should not be taken in high doses. Dose of Robitussin Maximum Strength Cough is two to five full "shots" using the shot glass that comes with the bottle. The usual warnings apply. Additionally, prolonged use of DXM can and has led to psychosis similar to PCP-induced psychosis. Individual differences in NMDA receptors may be at work here, but you're still potentially at risk. I personally wouldn't mix DXM with anything."

Ruminations, Comments, etc.

Although in my experience I said I still had full control over motor skills I must modify this a little. For one thing I (like others) was very aware of my arms and legs. They seemed larger or longer. Although walking was no problem, I felt more like I was loping. Objective observation of people under the influence of DM shows their gestures to be expansive and their strides to be longer than normal. So it wouldn't be fair to say that DM has no effect on motor skills. You can easily walk, but I doubt you could do ballet.

Now, according to the above pharmacological analysis DM activates the mu (μ) opiate receptor, one of the four such receptors identified since the late 1970's and also the site where endogenous chemicals called endorphins seem to operate to check pain, elevate mood, etc. Of the four, the mu receptor is primarily associated with pain relief, while the delta

receptor is more associated with the euphoric effects caused by either opiates or endorphins. Note, DM has no activity at this important site.

The sigma receptor is indeed associated with opiates and endorphins — but not exclusively. In fact, as the pharmacological analysis explains, sigma receptors seem linked to schizophrenia.

(By the way, when he mentions "positive" aspects of mental illness, he is not speaking qualitatively. Hallucinating, for instance, is a "positive" quality while becoming silent and withdrawn is considered "negative". In a practical sense, psychiatric medicines such as Thorazine help to curb the "positive" traits but don't do much about the "negative" ones. Thus a paranoid schizo dosed with a similar compound may appear more normal, when in actuality he is simply paralyzed. He's still living in his private hell, just unable to react.)

Otherwise DM appears to work in the limbic system, which in PaGG's opinion, explains the binary or reptilian experience as this part of the brain is primitive. In essence, the brain (on DM) seems to lose much of it's neo-cortex and the user is reduced to a more primitive state. But, not really being a reptile, and not truly disabling the neo-cortex, the user remains human and thus can make some subjective observations — like listening to music in a new way.

The thought that DM could cause psychosis is disturbing. At least one experimenter, who dosed himself on more than half a dozen occasions and took detailed notes, had seizures. After experiencing "full-blown hallucinations" in which he thought he was a flower swaying in the wind he "began to get tired, and sort of passing out. During that time, I began convulsing. I'd all of a sudden get sort of a seizure, and flail around in the chair I was sitting in." About 45 minutes of this and he was fast asleep.

But he reports he "Awoke nice and refreshed the next day." This is something that was commonly reported: the lack of any hangover. Many users said they were energized by the experience. The thought that DM could be neuro-protective is more cheering. It appears that having a stroke or bumping your head while on DM would be better than without DM — maybe a kind of internal football helmet!?

DM and You

Dosage recommendations vary. Some people think anything less than 600 mg is insufficient to get the full benefit of DM. Others have gotten interesting results with as little as 165 mg. My experiences were produced with around 475 mg and that was enough for me.

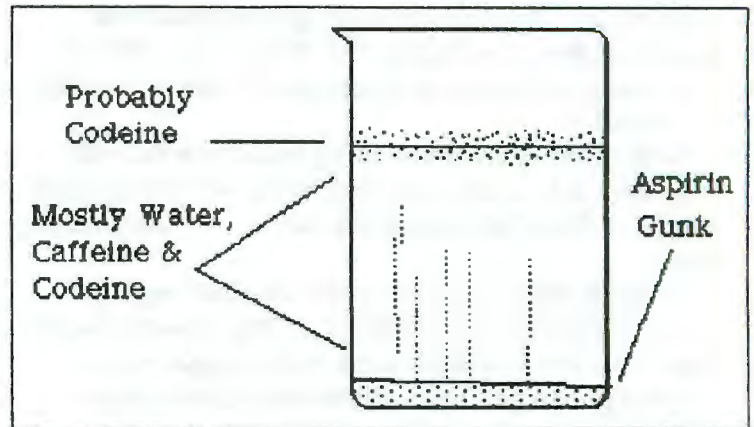
One of the hassles of experimenting with DM is that it is so difficult to find without other, no-fun ingredients. To get a sufficient amount of DM you may also have to ingest a large amount of acetaminophen, guaifenesin (hepatotoxic) and/or pseudoephedrine and/or phenylpropylolamine. These last two can provoke hypertensive problems and may even produce seizures themselves.

PaGG is not making any recommendation as to dosage other than to say, four ounces seems worth any potential risk. Doing this more than 30 times may also lead to some brain damage we don't know about. Also, because of the guaifenesin and the icky syrup this stuff is often mixed with, be prepared for nausea — though much less than drinking a like amount of hard liquor.

PaGG's single-vessel method of purifying AC&C tablets

At first we thought it was going to be a bitch since the codeine phosphate in AC&C tablets seems almost impossible to fractionally distill. Then we realized we were just making it tougher that way. So check it out:

Of the pill's 3 ingredients, caffeine is the most soluble in water, followed by codeine and aspirin. And the aspirin isn't too soluble at all. Knowing this we found it is possible to crunch up a bunch of AC&Cs, stir them into a couple ounces of water and let it settle. Most of the aspirin will be left at the bottom of the vessel, allowing you to pour (or filter) off the good stuff in the liquid. We also believe a lot of the codeine is concentrated at the top in a light foam. Bottoms Up!



News, continued from front ...

Abortion Pill

Now the president of the French company that makes the "controversial" (why?) abortion pill has said he's changed his mind and, yes he would like to market his wares in the U.S. after all.

In the past Edouard Sakiz said his company, Roussel-Uclaf didn't want to get into the U.S. market because of the "anti-abortion climate" here and, more importantly, some strong-arming by a couple of past presidents.

That's all changed now since Clinton signed five orders in January rescinding all the abortion-related bans decreed by those now-private citizens.

But Sakiz is still looking for another company to do the marketing here.

New Drug, Old Drug

- The biotech company, Ophidian (located in Fichtburg, WI) has gotten approval for a patent on a snakebite antidote, researchers think may also one day be used against serious infections like those associated with AIDS.

Ophidian signed a license agreement with Wyeth-Ayerst Labs in return for some \$1.2 million in initial payments and technical support for the anti-venom. Thus Wyeth-Ayerst continues to be the only provider of anti-venoms in the U.S.

- A report in the British Medical Journal finds that older anti-depressants work just as well as the newer, and more expensive ones like Prozac. In an overview of some 63 studies, the researchers couldn't find much difference in efficacy of the new-fangled selective se-

ratonin uptake inhibitors and the older tricyclic pills like imipramine.

But they did find that the newer ones had fewer unpleasant side effects.

- And Halcion was vindicated once again by a San Antonio jury, which found no liability on the part of the pill's maker, Upjohn, in an assault case.

The victim, William Harley was stabbed in the throat on December 1, 1987 while waiting in a hospital lobby by a man who took Halcion

Pill Crime

- A federal grand jury is looking into whether Eli Lilly broke its deal with the government to stop making sub-standard pills.

In 1989, the FDA forced Lilly to recall a bunch of different pills finding "objectionable conditions" at the company's capsule and tablet plant in Indianapolis. In 1990 the FDA also found evidence of contamination in products produced at Lilly's Puerto Rico facilities.

Among the medicines recalled by Lilly were Darvon, Tapazole, Aventyl, and Nalfon. After forming a task force to deal with the deficiencies the company also discontinued another 60 products and versions of products including dosages and formats of Darvon, Axid, and Keflex.

- Fascist thugs in Burma have nabbed 25 kilos of heroin and 22 kgs of raw opium in a couple of not-so-daring raids near Rangoon.

- Meanwhile, Iranian cops tallied up the past year's drug haul and announced they had arrested more than 17,000 dealers and 46,000 users. They got 43 tons of drugs in all, including 10 tons of morphine just last month — a 35% increase in "productivity". Iran is lenient with drug addicts who agree to undergo detoxi-

fication but kills people caught with more than 30 grams of heroin or five kilos of opium. At least 117 out of 301 executions in Iran last year were related to drug trafficking.

- Chinese authorities said they've arrested some 56 people over a three-year period who were making amphetamines. The cops said they got thousands of pounds of drugs, including 931 lbs of "ice", 693 lbs of partially processed drug, and more than 11,000 lbs of ephedrine.

Most of the drugs were being made in what was purported to be a shampoo factory or were being manufactured for a Taiwanese firm for use as "cough medicine."

- Here in America, an 11-year-old Pittsburgh girl was so jazzed up by her school's "drug awareness program" that she called the cops on her single mom.

When police got there, she showed them a pipe, some white powder and then, leading them into the depths of their house — and into her mother's bedroom, she lifted the mattress and showed the cops a single blue pill.

Mom was arrested.

- A jackass pharmacist in Luzerne County, PA got up to a year in jail for selling generic drugs at brand name prices. Fraud, in other words.

- And the trial of accused Seattle Sudafed-tamperer, Joseph Meling continues to enthrall the city. Meling is said to have tried to off his wife with a cyanide-filled capsule, then poisoned some more packages (killing two people) in order to make it look like a random thing.

Prosecutors say they found a book manuscript written by Meling detailing exactly such a crime, and his insurance agent said he kept bothering her about whether or not his wife's \$700,000 life insurance policy would pay off were she to become the victim of a random poisoning — a long time before it happened.

In 1988 a Seattle woman was convicted of killing her husband with poisoned Extra Strength Excedrin capsules amove that prompted Burroughs-Wellcome to reintroduce the pill in solid tablet form.

Helpful Xanax

- Last issue we mentioned that Xanax could increase the high methadone users get. Now we hear Xanax can also potentiate various psychedelic drugs. If you know anything about this or any other "catalyst" pill, drop us a line. Much obliged.

"Cat"

Lately, drug cops are sounding the alarm about a drug called methcathinone (or "cat"), which they say is sooooo much worse than heroin or crack or whatever.

Supposedly the drug was invented by Michigan col-

lege chemists working with the cathinone molecule from the plant Khat (the one Tom Brokaw said was "related to cocaine" and hinted was part of the reason the U.S. had to start shooting Somalis).

Anyway, the cops in Detroit are outdoing themselves in demonizing this new drug claiming the chemists put both battery acid and drain cleaner in their fearsomemixture.

"They're like mad scientists," said Detroit Police Cmdr. Rudy Thomas, head of the narcotics division.

He also claimed these students had developed a synthetic version of heroin called Fentanyl, testing it by giving out free samples to junkies then seeing what happened — killing many in the process.

For the record, Fentanyl is not "synthetic heroin" but an analgesic that's been around for more than 20 years and is manufactured by a number of pharmaceutical firms, mostly in Sweden.

Fit for a king

In the book, *The Shah's Last Ride* by William Shawcross, the author recounts how the Shah of Iran took "continual small doses of Valium every day". In 1974, when it was discovered he had leukemia he was able to keep his illness a secret, controlling the disease with chlorambucil pills.

His sister, Princess Ashraf took Valium, too, as did their chief bodyguard in exile, Manuel Noriega. A hilarious part of the book comes when Ashraf is so overcome with grief at her situation that she tries to commit suicide with her pills.

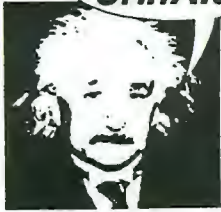
"Like a robot I went to my room and swallowed a mixture of sleeping pills and Valium," she wrote dramatically, "I lay down as if to go to sleep. But sleep did not come. I stayed wide-awake and I asked myself the question which had been haunting me for months, 'What kind of justice is it...'"

"I was like a sleepwalker, drunk with remorse ... Then I took ten more pills, thinking, This time it will work. But nothing happened and I finally had to accept that when God does not want you, he does not takeyou."



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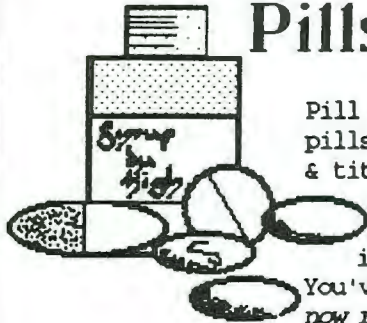
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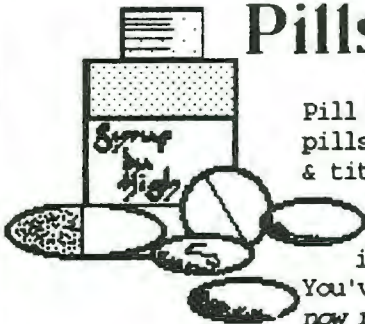
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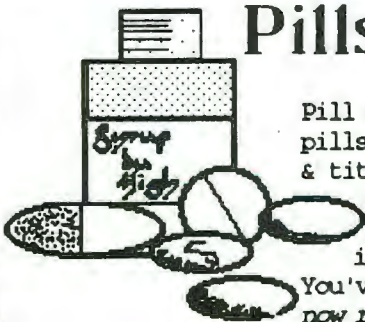
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