WHAT IS 'ICE'? 'Ice' is the street name for a type of methamphetamine. Its more technical name is crystal methamphetamine.

Methamphetamine comes in three main forms: powder/pills (‘speed’), paste (‘base’) and crystal (‘ice’).

They are all essentially the same chemical structure but ice is stronger and more pure than speed or base.

All forms of methamphetamine can result in harms to the user, but ice is riskier and more harmful.

1. Methamphetamine powder or pills: ‘speed’

   Speed is the least pure of the three main forms of methamphetamine. It comes as a powder or pills. Around 40% of users say they use speed as their main form.

2. Methamphetamine paste: ‘base’

   Base is between speed and ice in its strength and purity. Around 10% of users say that the main form of methamphetamine they use is base.

3. Methamphetamine crystal: ‘ice’

   Crystal methamphetamine is the most pure and strongest of the three main forms. Around 50% of users say they use ice as their main form.

Source: