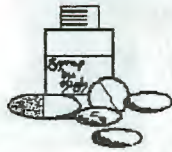


Pills-a-go-go

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Ruski Pill Plant

Bristol-Myers Squibb cut the ribbons at its newest facility in Kupavna, Ruusia — the refurbished 150-year-old Akrikhin chemical and pharmaceutical complex about 20 miles west of Moscow.

As a Russian Orthodox priest ambled through the building splashing holy water on the walls, pudgy women in folk dress offered traditional bread and salt to the guests while pill moguls dreamed of the 100 million tablets of heart meds Capoten and Corgard to be manufactured annually at the facility.

Pill Intifada

The government of Israel has banned the sale of Arab-made drugs and medicines in occupied Jerusalem. A health ministry order warning of "punishment" in addition to shop closure, fines and lawsuits should they sell anything but Israeli-made medicine was distributed to all Arab pharmacists.

East Jerusalem pharmacists say they will think up ways to oppose the order.

Pill Notes

- A study at the University of California, Los Angeles, has shown that a few hundred milligrams of vitamin C per day can extend men's lives by six years and women's by one.

- In order to keep the population from getting out of hand, the government of Iran is now promoting birth control. The pill is the most popular method. The pill, like all other contraceptive devices is handed out free in that country and scientists there are experimenting with a contraceptive patch.

- Cops in South Africa seized 220,000 tablets of Mandrax (Quaaludes) near Durban. The pills are still popular in that part of the world where they are known as Golfsticks, Saddams and Winnie Mandelas — names apparently derived from different factory markings. Otherwise PaGG has heard them called "Mandies".

- Abbot's latest antibiotic, Omnidox, has been recalled after just a few months on the market. The FDA has gotten about 50 reports of severe adverse reactions including exploding red blood cells and death

- Sears begins mailing its special drug catalog on June 15th. The gigantic store will start out with a menu of 200 drugs it plans to sell by mail.

Nancy's little helpers

"She (Nancy Reagan) started out with Miltown, which was a common tranquilizer in the 1950s and early 60s," writes Patty Davis — the Reagans' daughter. "Then she went up the ladder in terms of the drugs that came in vogue, Valium, Librium, Seconal." Davis says the old man saw no problem and neither do we — except that Seconal is hardly "up the ladder" from the benzodiazepines.

Vitamin B Bust

By Chet Antonini, editor & publisher

Undoubtedly the most shocking and important pill news lately was the "B-Vitamin Bust" in a Seattle suburb in May. Dozens of armed law enforcement officials escorting a cohort of FDA officials in flak jackets broke down the door of Dr. Jonathan Wright's allergy clinic, pointed guns at the office workers and shouted for everyone to "freeze".

They then ripped the phones out of the walls, backed a moving van up to the door and began removing all of the clinic's files, records and computer equipment.

Just in case anybody should get a look at the search warrant (reportedly denied by one judge) the U.S. attorney's office sealed the FDA affidavit presumably outlining probable cause. Later on officials revealed that, in part, they had raided Wright's practice because an undercover agent had gone to Wright, faked a number of symptoms and received a prescription for B vitamins.

Thank God they stopped him before he could prescribe again!

Next door the FDA shut down the For Your Health Pharmacy (one of two pharmacies listed in Smart Drugs & Nutrients) then harrassed its owner for a week or so until they were able to shut it down completely. To make their point that the pharmacy was up to no good the agents flaunted a pill-making machine they found "in a back room".

A pill-making machine in a pharmacy! The pharmacy specialized in nutritional supplements and didn't even carry many of the more popular "bad" drugs.

Nobody has been arrested but all the pills and all the records have been confiscated. You can all go home now folks, there's nothing to look at here.

This latest abuse by another band of law enforcement agencies is yet another proof that the government is scraping the bottom of the

THE SEAMY PILL UNDERWORLD

Tom's voice suddenly came in all too clear, for he was saying: "It's not *easy* to get really young girls with such *big boobies*. But that girl with the two guys, she's only sixteen."

"The one with the dark glasses," Wally asked. "How did you get her to —"

"— Like I told you, a coupla drinks with a coupla pills, and for a coupla hunderd dollars, you're in business!"

"It's the pills that make 'em do it, huh? I mean they did look like straight girls."

"Oh, these *are* straight girls from, you know, college and secretaries and like that. That one you said — with the dark glasses — she's a college girl. We gave her the pills in a drink and she went crazy. She wanted to take on *every* man in the bar!"

—From *Black Market Medicine*

It is hard to find a better example of someone more infused with the belief that pills can do anything than Margaret Kreig, authoress of *Black Market Medicine* (1967). Not only is she convinced of the power of pills, she believes in their immaculate holiness — consecrated by pharmaceutical firms, pharmacists and doctors. In the book the admiring Kreig accompanies fearless FDA agents as they hunt down pill counterfeiters and their unlicensed products. For her, even lowly of FDA functionaries examining stolen and counterfeit pharmaceuticals becomes a heroic experts in "Pillistics".

The FDA returns the admiration in a forward to the book describing what a trooper she was, huddling with them outside seedy warehouses waiting to bust hoods making mislabelled diuretics. She risked her life to bring us the story, they say, it is a courageous undercover documentary.

Although the book was published in 1967, the "action" probably takes place a few years before that. Some of it might be as much as ten years old. Of course no place names, times, or other such information is revealed to protect the innocent and ongoing investigations.

This untimeliness is all for the better — we are spared any of the normal anti-drug propaganda, which focuses in on the abuse potential of drugs rather than the heinous crimes of copyright infringements and lowered profit margins.

In the book (complete with plates showing "peddlers" being arrested by FDA agents springing from dark, bulbous cars) characters named "Big Mex" and "Abe" show remarkable



A regular Elliot Ness, isn't he?

indifference to which drugs they sell.

Their conversations — transcribed from wiretaps and bugs — turn easily from discussions of the best markets for geriatric vitamins, to amphetamines, to quinine, to spray dried lactose to use as a filler. In fact, spray-dried lactose is one of the most sought after items.

One pill counterfeiter gushes about his favorite inert ingredient:

"It is wonderful stuff," he says, "direct compressible, you don't need any ovens or granulation, all you do is mix your active ingredients with it and it's ready to go"

What's interesting about the dialogue is that it hardly proves these gangsters to be big dangers to society. Other than bad grammar and a lack of respect for the government, these guys are wheeler-dealers who like to please their customers. They talk about taking samples of drugs from the middle of a barrel to minimize getting tricked, and sympathize with "the guy who got stuck on the kilo of expensive hormone — was it cortisone? Turned out to be talcum powder. Wasn't a damn thing they could do about it."

They discuss ways of procuring pill-making equipment and seem to do the work themselves, spending entire nights making pills — making pills until their arms hurt.

Yet it is rare that even Kreig accuses them of manufacturing substandard pills. Just counterfeit in the sense that they were not really made by the proper company.

Still, she blames a lot of society's evils on pills, even including a death house confession by child-killer Carl Austin Hall reminiscent of Bundy's last blatherings about how porno made him do it. The killer, in addition to drinking a fifth of hard liquor a day, ate Benzedrine tablets he bought from a pharmacy with a doctor's prescription. For Kreig, he was the "classic precursor of the contemporary berserk pep-pill addict".

PaGG has road tested a number of "smart nutrients" in the past months and although our findings are still preliminary we'd like to make them available considering you might not get another chance to buy these.

First — we have had very satisfactory results with two amino acids made by Tyson Associates Inc. We're mentioning the brand name since vitamin and nutrient supplements can vary a lot in quality since they need only meet FDA food grade specs and can thus contain up to 40% adulteration. Tyson products are pharmaceutical grade and are nearly 100% pure. In addition, the crystalline form of their amino allows a user to open a capsule, pour the powder under the tongue and absorb the chemical directly into the bloodstream. We find this way to be superior since onset of action is quicker, less interfered with by stomach contents and bypasses the liver entirely, thereby avoiding incomplete metabolization.

L-Glutamine. One or two capsules of this stuff (500-1,000 mgs) seem to have an immediate stimulant effect (within 20 to 40 minutes) that does not wear off for hours. We understand that Glutamine can pass through the blood-brain barrier. Although you don't feel fatigue as much, you also don't feel jittery (like with caffeine) and could probably even go to sleep if you needed to. But we stayed up all night. So far there is no evidence that increasing the dose increases the effect but maximal dosage varies and could/should be spread throughout the day. Also, it will not keep you awake indefinitely. You get to stay up one night or so and then you're wasting your pills. Get some sleep.

Another product we've been experimenting with lately (and may even account for some of the above effects) is a product called Catamine — an enteric-coated pill containing 800 mgs of **L-Tyrosine** and 10mgs of **Pyridoxal-5'-Phosphate** as a co-factor.

Tyrosine is metabolized into norepinephrine (after first becoming L-Dopa, etc) a big-deal neurotransmitter, one which amphetamines push into synapses. The effects are not so immediate or powerful as amphetamines but can be noticed within a few hours. Along with increased energy and stamina there is also a distinct mood elevation. The effect is subtle.

A lot of people are familiar with the extensive studies done on phenylalanine (which led to Prozac among other things) but it seems tyrosine is superior to phenylalanine since the body has no option but to convert tyrosine to brain chemicals — unlike phenylalanine.

You should take at least two of these 45 minutes before a meal in order to get the full benefits and you don't need to use it every day, but perhaps "rest" every few days.

As is the case with all nutrients, you must supplement them with a good, natural multi-vitamin and mineral pill as well as have a diet that includes enough protein.

Years ago there was a drug called Deaner, developed and manufactured by Riker labs. The stuff was a psychostimulant used in much the same way as Ritalin and also proved useful in treating senility. But it was taken off the market because it could not conform to a new law requiring drugs to be proven effective or not non-effective or some shit like that. Anyway it's gone. But maybe not.

DMAE is a nutrient you can still buy in health food stores and is said to be the equivalent of Deaner since it is just the salt form of the same chemical. So far, our tests are inconclusive. It does seem to cause a certain tenseness but we recommend pretty high doses of the stuff along with a couple of hits of **Pan-tothenic Acid (B-5)** since we hear that has a synergistic effect.

But we must say that we here at PaGG labs don't believe that DMAE (dimethylaminoethanol) could be the same as Deaner since Deaner has an extra acetyl group on the molecule and to add that group requires a Lewis acid to perform a Friedel Crafts acylation. Since Deaner probably derives its effect by being a precursor to acetylcholine we don't see how DMAE could do this in the body. But the actions of both substances are not well understood. Perhaps both substances are metabolized to the same thing, however. Anybody out there can figure this out?

So far we haven't tried out all four of these at the same time. We also haven't had a chance to work on another theory we have of using

D-phenylalanine to extend or potentiate the effects of opiates (codeine, morphine, etc.). We're basing the theory that since D-phenylalanine helps to inhibit the enzymes which break down chemicals that occupy opiate receptors in the brain (thus letting the stuff "wear off") that there might be some extra effect in combining the two.

Pill Crime & Punishment

In Indiana, State police and Morgan County prosecutors teamed up to make a "a case of first impression" in the state by busting a small-town doctor for "dealing".

Three undercover cops and a surveillance team pestered Dr. Alarcon for six months complaining loudly of pain and trying to get new prescriptions for Darvocet and Valium before the next refill. At no time did the doctor prescribe large amounts of the schedule IV pills nor did he sell any drugs. But the cops were able to get him to overlap prescriptions some 42 times and claimed this was "dealing". They even considered charging him with "dealing" a diuretic but seem to have thought better of it. The judge threw out at least one count of prescribing Terpin Hydrate — presumably since that product was available without a prescription in the state.

The doc faced 11 years in the state prison, luckily he was able to whittle that down to just one year in jail, since he's already practically dead from a heart condition.

- Eckerd Drugs has settled out of court for \$6 million to the family of a Fort Worth woman who was brain damaged after an Eckerd pharmacist incorrectly filled a prescription. Deatrice Manning, 59, went into a three-week coma after swallowing Diabinese, an anti-diabetic, instead of Darvocet, which is what the physician prescribed. When she came out of the coma she had the intelligence of a three-year-old. Records show that the pharmacist had made at least two other prescribing errors in the previous six months and that Eckerd pharmacists had screwed up 9,000 prescriptions in the five years prior to 1991.

- A veterinarian in White Plains, NY pleaded guilty to distributing anabolic steroids after he sold some to an undercover officer last winter. He's facing five years in prison and a \$250,000 fine.

- Grand Praerie Justice of the Peace Cameron Gray is facing 20 years in a Texas prison for getting caught with one Valium pill, a prostitute and a \$10 "rock" of crack in his car. The judge said only the Valium was his and that, although he'd tried crack before, he didn't like it too much and was really looking for Valium — which he consumed with relish. Gray was known as a family man etc.

- The fourteen year old chick at Wilson Junior High in Hamilton, Ohio was "cleared" of drug dealing for giving her friend a Tylenol. The school board said she was unjustly suspended for four days under the school's drug code of conduct. Instead, the board said, she should have been busted under the code's section forbidding a student to sell or distribute anything without the principal's permission. She will have to "serve" two Saturdays as punishment.

- A bill that would have required doctors to submit typed prescriptions in addition to handwritten ones got killed in the Massachusetts legislature. Rep. Richard Moore, who introduced the bill was crestfallen after his failed attempt to complicate prescription-writing even further. He said that nationwide about 3,500 people die because of errors in prescription handling by doctors and pharmacists. His solution would be to have the doctors' secretaries make their own prescribing errors before giving the pharmacy a crack at it.

- Both Halcion and Prozac are now on their way to becoming just plain old pills after completing their phases as miracle and devil drugs. The FDA ruled for the second time in three years that Halcion was safe at recommended doses and Lilly had one of those Scientology lawsuits (for \$20 million) thrown out of court.

barrel in its "drug war". Last month they shut down an entire chain of vitamin stores in Texas. Once again they are not arresting or charging anyone. Just holding all the inventory and records long enough to copy everything down and drive the stores out of business.

Meanwhile two bills (HR3642 and SB2135) are pattering their way through congress and senate that will allow the FDA to declare vitamins and nutrients available only by prescription — or not at all.

PaGG recommends all you readers stock up on at least a year's supply of your favorite nutritional supplements right now. Rotate your stock just like a store and that way you'll have a buffer when they outlaw everything.

Remember tryptophan? It used to be available in health food and grocery stores until 1990 when a contaminated batch caused a spate of illnesses. The FDA issued a recall and banned further sale of the drug. A few months later the Centers of Disease Control announced that the contamination was only in one product line and had nothing to do with the amino acid which is found in milk and turkey and thousands of other proteins including human flesh. It is still illegal.

Ask Dr. Wright. Last year the FDA broke down the doors and confiscated his supply of uncontaminated tryptophan. Wright filed suit against the FDA and you see what he got.

PaGG sympathizes with Dr. Wright and even more with the owner of For Your Health Pharmacy. But we must point out that this is the logical result of allowing the government to take over our lives. The government has no business certifying or licensing doctors or anything else. Sadly, it is doctors themselves who started all this when they convinced the government that medicine was a public health issue. In return for protecting their status by force of arms, doctors handed over our power to make medical decisions to Uncle Sam.

Up until now, Dr. Wright, as a graduate of Harvard and the University of Michigan, enjoyed a bunch of government-backed privileges, including the "power" to write prescriptions. Now he must see that he never had that power to begin with. Same goes for his pharmacist pal who was "licensed" to dole out pills. The minute these men undertook to really practice medicine or to act as an apothecary — big brother shut them down.

PaGG is sorry to bring you such bad news in a world teeming with exciting pill developments, but we must hold to our credo that as long as one pill is not free — none of them are.