

MDMA Citations for Better Supplementation

Want to read some of the research for yourself? Here are some assembled citations on MDMA and what does - and doesn't - work to reduce its neurotoxic tendencies in the current research literature. We'll update this as we find more geeky goodies to share.

Aguilar, M. A., García-Pardo, M. P., & Parrott, A. C. (2019). [Of mice and men on MDMA: a translational comparison of the neuropsychobiological effects of 3,4-methylenedioxymethamphetamine \("Ecstasy"\)](#). Brain Research, 146556. doi:10.1016/j.brainres.2019.14

Aguirre N, Barrionuevo M, Ramírez MJ, Del Río J, Lasheras B. [Alpha-lipoic acid prevents 3,4-methylenedioxymethamphetamine \(MDMA\)-induced neurotoxicity](#). Neuroreport. 1999 Nov 26;10(17):3675-80. doi: 10.1097/00001756-199911260-00039. PMID: 10619665.

Alves E, Binienda Z, Carvalho F, Alves CJ, Fernandes E, de Lourdes Bastos M, Tavares MA, Summavieille T. [Acetyl-L-carnitine provides effective in vivo neuroprotection over 3,4-methylenedioxymethamphetamine-induced mitochondrial neurotoxicity in the adolescent rat brain](#). Neuroscience. 2009 Jan 23;158(2):514-23. doi: 10.1016/j.neuroscience.2008.10.041. Epub 2008 Oct 30. PMID: 19015003.

Carvalho M, Remião F, Milhazes N, Borges F, Fernandes E, Carvalho F, Bastos ML. [The toxicity of N-methyl-alpha-methyldopamine to freshly isolated rat hepatocytes is prevented by ascorbic acid and N-acetylcysteine](#). Toxicology. 2004 Aug 5;200(2-3):193-203. doi: 10.1016/j.tox.2004.03.016. PMID: 15212815.

Curran, H. V. (2000). [Is MDMA \('Ecstasy'\) neurotoxic in humans? An overview of evidence and of methodological problems in research](#). Neuropsychobiology, 42(1), 34-41.

Curran, H. V., & Verheyden, S. L. (2003). [Altered response to tryptophan supplementation after long-term abstention from MDMA \(ecstasy\) is highly correlated](#)

[with human memory function](#). Psychopharmacology, 169(1), 91–103. doi:10.1007/s00213-003-1463-5

Darvesh AS, Gudelsky GA. [Evidence for a role of energy dysregulation in the MDMA-induced depletion of brain 5-HT](#). Brain Res. 2005 Sep 21;1056(2):168-75. doi: 10.1016/j.brainres.2005.07.009. PMID: 16098955.

Górcka, A.M., Kamińska, K., Wawrzczak-Bargieła, A. et al. [Neurochemical and Neurotoxic Effects of MDMA \(Ecstasy\) and Caffeine After Chronic Combined Administration in Mice](#). Neurotox Res 33, 532–548 (2018). <https://doi.org/10.1007/s12640-017-9831-9>

Gudelsky, G. A. (1996). [Effect of ascorbate and cysteine on the 3,4-methylenedioxymethamphetamine-induced depletion of brain serotonin](#). Journal of Neural Transmission, 103(12), 1397–1404. doi:10.1007/bf01271253

Hassanzadeh G, Pasbakhsh P, Akbari M, Shokri S, Ghahremani M, Amin G, Kashani I, Azami Tameh A. [Neuroprotective properties of melissa officinalis L. Extract against ecstasy-induced neurotoxicity](#). Cell J. 2011 Spring;13(1):25-30. Epub 2011 Apr 21. PMID: 23671824; PMCID: PMC3652537.

Johnson EA, Shvedova AA, Kisin E, O'Callaghan JP, Kommineni C, Miller DB. [d-MDMA during vitamin E deficiency: effects on dopaminergic neurotoxicity and hepatotoxicity](#). Brain Res. 2002 Apr 19;933(2):150-63. doi: 10.1016/s0006-8993(02)02313-2. PMID: 11931860.

Mehdizadeh M, Dabaghian F, Nejhadi A, Fallah-Huseini H, Choopani S, Shekarriz N, Molavi N, Basirat A, Mohammadzadeh Kazorgah F, Samzadeh-Kermani A, Soleimani Asl S. [Zingiber Officinale Alters 3,4-](#)

[methylenedioxymethamphetamine-Induced Neurotoxicity in Rat Brain](#). Cell J. 2012 Fall;14(3):177-84. Epub 2012 Dec 12. PMID: 23508562; PMCID: PMC3584433.

Morley, K. C., Li, K. M., Hunt, G. E., Mallet, P. E., & McGregor, I. S. (2004). [Cannabinoids prevent the acute hyperthermia and partially protect against the 5-HT depleting effects of MDMA \("Ecstasy"\) in rats](#). *Neuropharmacology*, 46(7), 954-965.

Olatunji SY, Okoro I, Owolabi JO, Olanrewaju JA, Adelodun ST, Fabiyi SO. [Garcinia kola Attenuates MDMA-Induced Neuroinflammation in the CA1 Region of the Hippocampus in the Rat Model](#). Annals of Neurosciences. 2020;27(3-4):104-113. doi:10.1177/0972753120966852

Sanchez, V. (2003). [Differential effect of dietary selenium on the long-term neurotoxicity induced by MDMA in mice and rats](#). *Neuropharmacology*, 44(4), 449–461. doi:10.1016/s0028-3908(02)00411-2

Simmler LD, Hysek CM, Liechti ME. [Sex differences in the effects of MDMA \(ecstasy\) on plasma copeptin in healthy subjects](#). *J Clin Endocrinol Metab*. 2011 Sep;96(9):2844-50. doi: 10.1210/jc.2011-1143. Epub 2011 Jun 29. PMID: 21715530.

Shankaran, M., Yamamoto, B. K., & Gudelsky, G. A. (2001). [Ascorbic acid prevents 3,4-methylenedioxymethamphetamine \(MDMA\)-induced hydroxyl radical formation and the behavioral and neurochemical consequences of the depletion of brain 5-HT](#). *Synapse*, 40(1), 55–64. doi:10.1002/1098-2396(200104)40:1<55::aid-syn1026>3.0.co;2-o

Sprague, Jon E., et al. "[Attenuation of 3, 4-methylenedioxymethamphetamine \(MDMA\) induced neurotoxicity with the serotonin precursors tryptophan and 5-hydroxytryptophan](#)." Life sciences 55.15 (1994): 1193-1198.

de la Torre, R., & Farré, M. (2004). [Neurotoxicity of MDMA \(ecstasy\): the limitations of scaling from animals to humans](#). Trends in pharmacological sciences, 25(10), 505-508.

Touriño C, Zimmer A, Valverde O (2010) [THC Prevents MDMA Neurotoxicity in Mice](#). PLOS ONE 5(2): e9143. <https://doi.org/10.1371/journal.pone.0009143>

Verrico, C. D., Miller, G. M., & Madras, B. K. (2007). [MDMA \(Ecstasy\) and human dopamine, norepinephrine, and serotonin transporters: implications for MDMA-induced neurotoxicity and treatment](#). Psychopharmacology, 189(4), 489-503.