# New Laws for Buying Products that Contain Ephedrine & Pseudoephedrine

**The purchase of products that contain ephedrine and pseudoephedrine is now limited by state and federal law.**

**These products include common items like over-the-counter cold medicines, weight loss and energy enhancing products in all forms.**

***These ingredients are now regulated because they can be used to make the illegal drug methamphetamine.***

## Common Questions

**Why were the laws passed?** Limiting the sale of products containing ephedrine and pseudoephedrine is one of the most important things that can be done to stop methamphetamine production. Methamphetamine has devastated entire communities in other states, and Vermont is working to stay ahead of the problem.

**How do I buy these products now?** Products containing the ingredients noted above are now kept behind the counter or in a locked cabinet. The amount available for purchase each day (and each month) is limited, unless you have a prescription. You will need to show a photo ID and sign a logbook. See a clerk for more information.

**What is methamphetamine?** Methamphetamine is a dangerous drug that is very addictive. The drug affects the central nervous system and changes the user's brain chemistry.

**For more information about methamphetamine go to http://healthvermont.gov or dial 2-1-1 to reach Vermont 2-1-1, a statewide information and referral system.**