Items and equipment guide, intermediate

Drugs

What each drug does, the shared drug cooldown, overdoses and addiction, and why some players avoid drugs altogether.

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Introduction

Drugs give strong short-term effects: energy, nerve, happiness or stat changes. Every one carries a cooldown, a chance of overdose and addiction that builds up over time. Used carefully they are a powerful tool; used carelessly they cost far more than they give.

How it works

The drug cooldown. You cannot take another drug while a previous drug's cooldown is running. Hover over the drug icon to see how long is left.

Effects and cooldowns, from the official wiki's drug table:

Drug	Main effect	Cooldown
Xanax	+250 energy, +75 happy, -35% all battle stats	360 to 480 minutes
Ecstasy	Doubles happiness	200 to 230 minutes
LSD	+50 energy, +5 nerve, happiness; strength and defence up, speed and dexterity down	400 to 450 minutes
Cannabis	+8 to 12 nerve; strength, defence and speed down	60 to 90 minutes
Opium	Removes standard hospital time, life to 50%, +30% defence	120 to 180 minutes
Vicodin	+25% all battle stats, +75 happy	240 to 360 minutes

The full table, with overdose effects, is in the drug directory.

Overdoses. Each drug can overdose. Most overdoses empty your energy and nerve and often happiness, and many send you to hospital: a Xanax overdose means about 5,000 minutes in hospital and a longer cooldown. Your addiction level does not change your overdose chance. The faction Toleration branch lowers it by up to 30%.

Addiction. Every drug adds addiction (unless you are reading the Hot Turkey book). Addiction lowers your battle stats, lowers your company effectiveness from the very first drug, and when high enough removes you from your education course. At high levels you may be unable to train without an active drug. It does not affect organised crime success.

Reducing addiction: the faction Toleration branch (up to 50% less addiction, up to 30% fewer side effects), Addiction Mitigation merits, and Rehab in Switzerland.

The Sports Science Lab is closed for good to anyone who has taken more than 150 Xanax and Ecstasy in total.

Step by step

1. Decide before your first drug whether you might want the Sports Science Lab later.
2. Read the overdose effect of a drug before taking it.
3. Check your drug cooldown, and do not plan drugs around a moment when an overdose would be costly, such as the start of a war.
4. Watch your addiction during education courses.
5. Visit Rehab when addiction starts to bite.

Examples

- A player takes Xanax for 250 energy. They cannot take another drug for 6 to 8 hours, and their battle stats are 35% lower while the effect lasts.
- Ketamine can be obtained with 5 job points in a 5-star or better Zoo or Farm, the only drug available through companies.

Advanced tips

- City shops do not sell drugs; they are bought abroad or from players.
- Love Juice is only usable around Valentine's Day, lowers the energy cost of attacks and revives by 10, and raises speed and dexterity.
- Passive stat changes from some drugs, such as Speed and PCP, fade slowly during the after-effects.

Common mistakes

- **Taking Xanax before a fight.** It lowers all your battle stats by 35%.
- **Ignoring addiction** until education is lost.
- **Forgetting the 150 limit** for the Sports Science Lab.

Sources

Torn wiki: Drug: https://wiki.torn.com/wiki/Drug, retrieved 2026-11-23

Torn wiki: Love Juice: https://wiki.torn.com/wiki/Love_Juice, retrieved 2026-11-23

Torn wiki: Faction: https://wiki.torn.com/wiki/Faction, retrieved 2026-11-23

Torn wiki: Merit: https://wiki.torn.com/wiki/Merit, retrieved 2026-11-23

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Torn wiki: Gym: https://wiki.torn.com/wiki/Gym, retrieved 2026-11-23

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