

## LICENSING AUTHORITY

### INFORMATION FOR LSC REVIEW HEARING

**Name and address of premises:** Maxxi Food & Wine,  
42 Topsfield Parade, London N8

Nitrous oxide is normally treated as a “psychoactive substance” under the Psychoactive Substances Act 2016.

The following information is taken from the Talk to Frank website:

[Nitrous Oxide | Laughing Gas | FRANK \(talktofrank.com\)](#)

What is nitrous oxide?

Nitrous oxide is a colourless gas that is commonly used for sedation and pain relief, but is also used by people to feel intoxicated or high.

It is commonly used by dentists and medical professionals to sedate patients undergoing minor medical procedures. It is also a food additive when used as a propellant for whipped cream, and is used in the automotive industry to enhance engine performance. It is also increasingly being used to treat people withdrawing from alcohol dependence. Nitrous oxide is classified as a dissociative anaesthetic and has been found to produce dissociation of the mind from the body (a sense of floating), distorted perceptions and in rare cases, visual hallucinations.

How is it used?

The gas is inhaled, typically by discharging nitrous gas cartridges (bulbs or whippets) into another object, such as a balloon, or directly into the mouth.<sup>3</sup> Inhaling nitrous oxide produces a rapid rush of euphoria and feeling of floating or excitement for a short period of time.

Other names

Laughing gas, nitro, N<sub>2</sub>O, NOS, nangs, whippet, hippy crack, buzz bomb, balloons.

Effects of nitrous oxide

There is no safe level of drug use. Use of any drug always carries risk. It's important to be careful when taking any type of drug.

Nitrous oxide affects everyone differently, based on:

- the amount taken
- the user's size, weight and health
- whether the person is used to taking it
- whether other drugs are taken around the same time

The following effects may be felt almost immediately and can last for a few minutes:

- euphoria
- numbness of the body

- sedation
- giddiness
- uncontrolled laughter
- uncoordinated movements
- blurred vision
- confusion
- dizziness and/or light-headedness
- sweating
- feeling unusually tired or weak
- sudden death.

If a large amount of nitrous oxide is inhaled it can produce:

- loss of blood pressure
- fainting
- heart attack.

Inhaling nitrous oxide can be fatal if you don't get enough oxygen, which is known as hypoxia.

Long-term effects

Prolonged exposure to nitrous oxide may result in:

- memory loss
- vitamin B12 depletion (long-term depletion causes brain and nerve damage)
- ringing or buzzing in the ears
- incontinence
- numbness in the hands or feet
- limb spasms
- potential birth defects (if consumed during pregnancy)
- weakened immune system
- disruption to reproductive systems
- depression
- psychological dependence
- psychosis.

It is illegal to sell Nitrous Oxide for human consumption and it is also illegal to sell it to anyone under the age of 18 years. It is not illegal to possess nitrous oxide.

The Authority is of the opinion that the TikTok posts and the choice of music have been created to encourage the use of nitrous oxide and is an irresponsible action on the part of the Maxxi Food & Wine. Such actions undermines all of the licensing objectives – the prevention of crime and disorder, public safety, the protection of children from harm and the prevention of public nuisance.

As well as the dangers to the individual, antisocial behaviour has been the resulting outcome for residents whose life has been impacted by this enabling behaviour. Noise nuisance and littering have been a significant concern from the selling of NOS gas from this location.