



# 2C-(X)

2c-b, 2c-i, 2c-e, 2c-t-7

nexus, smiles

## What are the 2Cs?

- Over 30 different chemicals belong to the 2C family of drugs, including, but not limited to 2C-I, 2C-E, 2C-D, 2C-T7 and 2C-B, and new variations are developed occasionally by chemically modifying existing members of this family.
- All of the 2C drugs are psychedelic phenethylamines. Most were developed in the 1970s and 1980s by Dr. Alexander Shulgin, although some were synthesized as early as the mid 1930s.
- Most of the 2C drugs are considered to be both psychedelic and entactogenic. "Entactogen" is a term used by psychiatrists to classify Ecstasy (MDMA) and related drugs. It literally translates as "touching within".
- The 2C family of drugs are found as a white powder usually manufactured as pressed tablets or powder filled gel caps.

## How are the 2Cs used?

- 2Cs are commonly taken orally, although reports of snorting and intravenous use do exist online.

## What are the effects of the 2Cs?

- Because this is a family of drugs, the effects can vary from one individual substance to another.
- At lower doses, most of the 2Cs produce a more entactogenic effect, with little or no hallucinations. Users report feeling "in touch" with themselves and their emotions.
- With higher doses, the 2Cs tend to produce intense visual effects. Moving objects leave "trails". Surfaces may appear covered with geometric patterns, and may appear to be moving or "breathing." Colors may appear from nowhere.
- Music can affect the 2C visual experience, causing the patterns, colors and movements to change. Users often say they can "see" the music. This blending of sight and sound is called synesthesia.
- The visual effects of the 2Cs can be much more intense than those produced by LSD or mushrooms, yet most users report a relatively clear "head space" as compared to other psychedelics.
- At higher doses, a noticeable "rushing" sensation is reported with most of the 2C family of drugs.
- The onset of the 2Cs effects are 20-45 minutes and total duration is between 5 to 8 hours.\*

## What is the dosage of the 2Cs?

Every individual reacts differently to every chemical, This information is intended to describe the range of dosages others report using and it should not be construed as a recommendation of any sort. Individuals can respond very differently to the same dosage. What is safe for one can be deadly for another.

- Because this is a family of drugs, the dosage can vary from one individual substance to another. ALL of the 2C drugs are very dose sensitive. A few milligrams more can produce a tremendous difference in the effect. It is impossible to know the dose level present in an illicit tablet or capsule.
- The vast majority of the 2C family of drugs have a dosage range from 2mg on the low end to 40mg on the high end.

## Harm Reduction Tips for the 2Cs

- Because a difference of just a few milligrams can make for a radically different experience, taking these substances without using an accurate milligram scale can lead to consuming far more than intended.
- While most people find the 2C series easier to handle than other psychedelics, the potential for a difficult experience still exists, especially with higher doses.
- In some people, the 2Cs can cause nausea, trembling, chills, or nervousness.
- Very little is known about any of the 2Cs pharmacological effect. While deaths from any of the 2C series are extremely rare, they are not unknown, and no clinical studies assessing its safety have been done.
- Virtually all of the 2C drugs are illegal, as either directly scheduled substances or under the federal 'analog act'. Possession, distribution and manufacturing can result in extended prison sentences.

## What if somebody is having a difficult experience?

- As with all psychedelics, "set" and "setting" are extremely important. "Set" is the mental state a person brings to the experience - their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is being consumed. By making sure that a person is in a good mental state and supportive location before 2Cs are used, the risk of 'bad trips' can be greatly mitigated.
- Take the person to quiet surroundings where they feel comfortable.
- Find a friend who can reassure them.
- Stress to them that their panic is caused by the drug, and will wear off in a few hours, if not sooner.