



# GHB, GBL & B

g, liquid ecstasy

## What is GHB, GBL and B?

- The liquid commonly referred to as "G" may be one of three (or more) chemicals: GHB (gamma-hydroxybutyrate), originally developed as a sedative-hypnotic, or sleep aid. GBL (gamma-butyrolactone), an industrial solvent that is converted into GHB in the bloodstream. B, BD, or BDO (1,4-butanediol), an industrial chemical that is also converted into GHB when ingested.
- GHB has a distinctive salty-soapy taste. GBL and B taste more "industrial", bitter, and unpleasant.
- Undiluted GHB is syrupy. GBL is slightly thinner. B has the consistency of water. In a household freezer, B easily freezes, while GHB and GBL remain liquid.
- GHB and GBL are illegal under federal and state laws. B is banned under analogue laws in several states.

## How are GHB, GBL and B used?

- GHB, GBL, B and related drugs are almost always used orally.

## What are the effects of GHB, GBL and B?

- All three substances are central nervous system depressants and their effects are similar to alcohol, making users feel relaxed and sociable.
- At higher doses they can cause dizziness or sleepiness, nausea and vomiting, muscle spasms, and loss of consciousness during which breathing can be slowed to a dangerously low rate.
- GHB and GBL may be felt within 30 minutes, but peak effects can take up to 2 hours.
- Because B takes longer to metabolize, more time should be allowed to feel its effects and between doses.

## Are GHB, GBL, and B addictive?

- Frequent (daily) use of these substances can lead to physical addiction and can increase severity of having negative after effects. Withdrawal requires medical assistance.

## What is the dosage of GHB, GBL and B?

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.

- In their pure form, these drugs are all found as a powder, but they are almost always sold as a liquid, making dosage difficult to gauge. In powdered form, a dose of GHB ranges from a half of a gram to 4 grams.

## Harm Reduction Tips for GHB, GBL and B

- Some people dye their G blue with food coloring in order to distinguish it from regular water and help prevent accidental dosing.
- Don't drive—the effects of these drugs can come on extremely fast.
- Diluted GHB and GBL settle in the bottle and need to be shaken before use.
- GHB uncontaminated has a "salty" taste in contrast to contaminated and toxic GHB having a "chemical" taste. Always be aware of your source.
- Combining GHB, GBL, and B with alcohol or sleeping pills, tranquilizers or sedatives is dangerous, even taken several hours apart.
- Reactions to all three drugs vary depending on body weight and whether or not the user has eaten or is sleepy. Also, strength may vary greatly from one batch to the next. The right amount one time can cause an overdose another time.
- Using a measuring spoon, dropper, or syringe to accurately measure doses can reduce the risk of accidental overdose.
- IT IS EASY TO OVERDOSE WITH GHB, GBL, OR B. Always start low.

## What if someone overdoses?

- Many overdoses have occurred from people not waiting long enough before taking more. Effects continue for about 3 hours from onset. B takes longer to feel, and its effects can last longer.
- Additional doses increase the risk of overdose—a rule of thumb is to wait two hours between doses and take 1/2 the amount of the first dose.
- If you feel dizzy or sick, get help immediately—unconsciousness can happen very fast. Sit down or lay on your side.
- If someone falls unconscious and cannot be aroused or has a seizure, call an ambulance.
- Keep persons on their side or sitting up so they don't choke if they vomit. Make sure their air passage is clear and their chin is not pressed against their chest.

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