



## WHAT ARE GHB, GBL & 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.

## WHAT ARE THE EFFECTS?

- 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. Many overdoses have occurred from people not waiting long enough before taking more. Effects continue for about 2 hours from onset. B takes longer to feel, and its effects can last longer.

## BE CAREFUL

- Combining GHB, GBL, and B with alcohol or sleeping pills, tranquilizers or sedatives is dangerous, even if taken several hours apart.
- IT IS EASY TO OVERDOSE WITH GHB, GBL, OR B. A teaspoon is a typical dose, while two teaspoons can cause unconsciousness. Doses of undiluted GHB or GBL should be ½ teaspoon or less.

- The bottle caps often used to measure doses vary from less than 1 teaspoon to 1½ teaspoons. Using a measuring spoon or syringe to accurately measure doses can reduce the risk of accidental overdose.
- Diluted GHB and GBL settle in the bottle and need to be shaken before use.
- 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.
- Additional doses increase the risk of overdose—a rule of thumb is to wait two hours between doses and take ½ the amount of the first dose.
- Because B takes longer to metabolize, more time should be allowed to feel its effects and between doses.
- Don't drive—the effects of these drugs can come on very fast and, unlike alcohol, cannot be controlled.
- Frequent (daily) use of these substances can lead to physical addiction. Withdrawal requires medical assistance.
- Some people dye their G blue with food coloring in order to distinguish it from regular water and help prevent accidental dosing.
- GHB and GBL are illegal under federal and state laws. B is banned under analogue laws in several states.

## WHAT IF SOMEONE OVERDOSES?

- 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.

