

GHB

(G, GINA, LIQUID ECSTASY, LIQUID X)

WHAT IS IT?	HOW DOES IT WORK?	HARM REDUCTION CONT.
GHB (gamma-hydroxybutyrate) is used in medical settings to treat conditions such as insomnia, depression, and alcoholism, and is also used recreationally. It is a central nervous system depressant that has effects similar to alcohol. It is sold in liquid, powder or pill form.	At low doses, GHB inhibits dopamine release, but at high doses, it promotes dopamine release. GHB acts as a depressant on your central nervous system and affects your cognition, respiratory system and motor functioning.	<ul style="list-style-type: none">- Each time you buy GHB, it may vary in strength from stuff you've previously bought. Start with a small test dose to become familiar with what you've got.- Wait at least 2 hours before redosing. Write down the time of your original dose or put a timer on your phone to note the time of your doses so you don't lose track. When you do redose, take about half of the original dose as there will still be some GHB in your system.- It may be helpful to add food colouring to clear liquid GHB and storing it in a non-beverage container as to not mistake it with water or another drink.- Try to use GHB with people you trust that are aware of how much you've taken and when!- Be very cautious when mixing with other substances, especially other central nervous system depressants (including alcohol)
HOW DO I TAKE IT?	EFFECTS	MORE INFO
Most commonly taken orally.	At a low or average dose, the effects of GHB may feel similar the effects of alcohol in that sedation, increased sociability, lowered inhibition, mood elevation and loss of coordination are commonly experienced. Effects have also been described as similar to, but less intense than, MDMA in that body high, euphoria, increased affection and increased empathy are all commonly felt on GHB. GHB is sometimes substituted for alcohol while partying. At a low or average dose, dizziness, nausea and light-headedness can be experienced. At a high dose, GHB may cause extreme sleepiness, vomiting, loss of consciousness, seizures.	<ul style="list-style-type: none">https://psychonautwiki.org/wiki/GHBhttps://erowid.org/chemicals/ghb/https://harmreductionto.ca/ghbhttps://drugs.tripsit.me/GHBhttp://trippproject.ca/how-to-prevent-g-ing-out/
DOSAGE	HARM REDUCTION	CONTACT US
Dose depends on desired effects, personal tolerance, concentration of GHB in the liquid/pill/powder that you have. Because GHB is highly potent, small increases in quantity consumed can have significant impact on effects felt. The following are suggested doses: Light dose - 0.5 - 1g. Common recreational dose dose: 1 - 3g. Strong dose: 2.5 - 4g. Doses higher than 5g can potentially result in convulsions, loss of consciousness and vomiting.	<ul style="list-style-type: none">- There is a small margin between a dose of GHB that gives you the desired effects and a dose that can lead to loss of consciousness and/or convulsions. Start low and go slow!- It may be helpful to use a 1ml syringe to accurately measure a dose rather than eyeballing it or using a bottle cap.	<p>Phone/text: 250-415-7637</p> <p>Website: substance.uvic.ca</p> <p>Twitter: @SubstanceUVic</p> <p>Instagram: @drugcheckingvi</p>
ONSET/DURATION		
Initial effects of GHB are usually felt within 5 - 30 minutes. Duration of GHB is relatively quick, lasting about 1.5 - 2.5 hours. See Harm Reduction section for tips on redosing.		
WHAT ARE WE FINDING?		
We frequently find GHB to have no cutting agents or unexpected drugs.		



