**BENZOS**

*benzodiazepines*

**WHAT ARE BENZOS?**
Benzodiazepines are depressant drugs. They are commonly used for the treatment of anxiety, sleep disorders, and seizures. Benzos are commonly prescribed as pills. Some benzos like bromazolam and etizolam are only produced illicitly and we see them often in powder form mixed into down.

Benzos act on the central nervous system by enhancing binding of GABA to GABA-A receptors. This release of GABA is what produces the calming and hypnotic effects of benzos.

**HOW DO THEY WORK?**

**COMMON BENZOS**

<table>
<thead>
<tr>
<th>Alprazolam (Xanax)</th>
<th>Duration: 5-8 hours</th>
<th>Strength: it is Xanax!</th>
<th>What do we find it in? pressed benzo pills, rarely in down</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bromazolam</td>
<td>Duration: 5-8 hours</td>
<td>Strength: similar to Xanax</td>
<td>What do we find it in? most common benzo we find in down and pressed benzo pills</td>
</tr>
<tr>
<td>Etizolam</td>
<td>Duration: 5-8 hours</td>
<td>Strength: 2x stronger than Xanax</td>
<td>What do we find it in? pressed benzo pills, occasionally in down</td>
</tr>
<tr>
<td>Flualprazolam</td>
<td>Duration: 5-8 hours</td>
<td>Strength: 1/2 as strong as Xanax</td>
<td></td>
</tr>
<tr>
<td>Flubromazolam</td>
<td>Duration: 6-12 hours</td>
<td>Strength: 5x stronger than Xanax</td>
<td>What do we find it in? occasionally in pressed benzo pills and down</td>
</tr>
<tr>
<td>Flubromazepam</td>
<td>Duration: 12-18 hours</td>
<td>Strength: 1/5 as strong as Xanax</td>
<td>What do we find it in? occasionally in pressed benzo pills and down</td>
</tr>
<tr>
<td>Diazepam (Valium)</td>
<td>Duration: 10-24 hours</td>
<td>Strength: 1/20 as strong as Xanax</td>
<td>What do we find it in? pressed benzo pills</td>
</tr>
<tr>
<td>Lorazepam (Ativan)</td>
<td>Duration: 5-8 hours</td>
<td>Strength: 2/3 as strong as Xanax</td>
<td>What do we find it in? pressed benzo pills</td>
</tr>
</tbody>
</table>

**HARM REDUCTION**

- Start low and go slow!
- Each benzo is dosed differently. Consider using the Tripsit benzo dosage converter.
- Get your drugs tested when you can
- Try to use your own gear
- When possible, use with someone you trust that knows how to administer naloxone and give breathes. If you’re with someone who’s also using substances, consider staggering your consumption so you can be more alert for one another.

**GLOSSARY**

*Duration:* refers to the half-life, or the time it takes for your body to process the drug.

*Strength:* the potency of the drug. We compare the strength of benzos to Xanax bars as its a tangible way to visualize the amount of benzo present.

**MORE INFO**
- Tripsit benzo dosage converter: https://benzo.tripsit.me/
- https://psychonautwiki.org/wiki/Benzos
- https://www.erowid.org/search.php?exclude=&q=benzo&x=0&y=0

**BENZOS IN DOWN**
In 2023, we saw benzos in 47.4% of down samples across all of our locations. There are many reasons as to why benzos are being mixed with opioids, since they both have sedative effects. The volatility of the down supply with the added addition of benzos can complicate overdose situations. Naloxone is not effective against benzos however it is still crucial to administer naloxone and provide rescue breathes if benzos have been used. Breathes can be lifesaving!

**CONTACT US**
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