



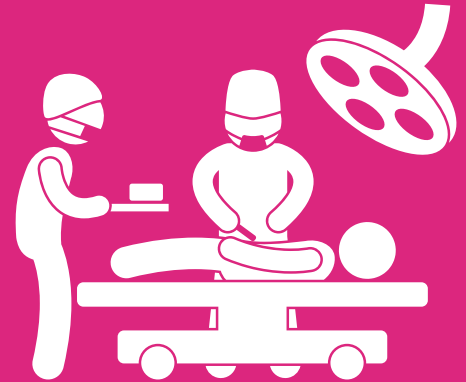
# GHB

GHB, fantasy, Liquid e

Gammahydroxybutyrate

# History

GHB was originally developed in the 1960s as an anesthetic and to promote sleep before surgery, but was discontinued due to side effects. Since the 1990s It has been used as a recreational psychoactive drug.



## Appearance



GHB can come as a clear liquid, which is sold in small glass or plastic bottles. The liquid has no smell but a slightly salty taste. It also comes in white powder form, which is dissolved in water. It can also be obtained in the form of a bluey-white paste, which is generally kept in a freezer.

## Method of use

Swallowed. It is unclear what a typical dose is. Most people would say that a starting dose is 0.5-1ml. However, the concentration of the drug may vary.



# Effects

GHB is a naturally occurring component of human tissue cells.

It is most widely used by clubbers in the UK as a dance drug, similar to Ecstasy, but is very different in many ways.

The effect of GHB is very dose dependent. In small doses it can have aphrodisiac effects and promote feelings of euphoria, well being, relaxation and calmness. At higher doses it can cause dizziness, nausea, vomiting, muscle spasms, loss of consciousness and coma.

Body builders have used GHB, as it is believed to release a hormone in the body which may increase muscle growth. It also promotes deep sleep.

The effects have been known to last for days, though more commonly for a few hours.



**GDAS**

There is no real way of knowing how strong the GHB in a bottle might be. Some products contain a higher concentration of GHB than others. There is no quality control in the production of GHB.

## Health

Illicit GHB is often carelessly made using industrial chemicals of unknown purity. Left over caustic soda in the product can badly burn the mouth.

If too much is taken, the relaxation gives way to drowsiness and the risk of unconsciousness and coma increases. Using GHB with other sedative drugs such as tranquillisers and especially alcohol dramatically increase the chance of unconsciousness and other problems occurring, including depressed breathing.

## Risks

GHB has been implicated in a number of rape cases. It has been alleged that the drug has been added to someone's drink without them knowing and they have been sexually assaulted whilst unconscious.

# Safer Clubbing

Although it is important to drink lots of non-alcoholic fluids when using drugs in a hot club, drinking too much can kill. A user dancing in a hot club should drink only one pint of water per hour, not more, and eat something salty to replace lost body salts.

If someone collapses (eyes rolled back, erratic breathing, skin cold and clammy) call an ambulance, tell them what they have taken.

Remember to take time out and cool down.

