

# EDAS REACH YP NEWSLETTER



## What you need to know about 2C-B

**2C-B** is a hallucinogenic drug first synthesised in 1974. It is also known as *2C-T-7*, *7th Heaven*, *7-Up*, *Beautiful*, *Blue Mystic*, *Lucky 7*, *Tripstasy*. **2C-B** are Class A, Schedule 1 drugs in the UK. **This means they are illegal to possess, supply and produce.**

Its effects are considered to be somewhere between those of LSD and MDMA and vary greatly depending on the dose.

2C-B is available as powder, pills, or capsules in almost any colour and is almost always taken orally due to how painful and intense it is to snort. Even small doses can be deadly, and it is more lethal when snorted.

**FIND OUT MORE ABOUT 2C-B'S EFFECTS AND DANGERS...**

# Effects: How it Feels

The onset time of 2C-B is typically between 45-75 minutes after oral consumption. A 'come up' period with a duration of 15-30 minutes is commonly described and can include feelings of **anticipation** and **anxiety**, as well as bodily sensations including **tingling** and **pins and needles**.



Effects of 2C-B usually will last from 4-8 hours, depending on the dose.



## Symptoms & Side Effects

Enhanced mood

Feelings of euphoria

Laughter/Giggles

Hallucinations

Delirium

Increased energy

Muscle tension or spasms

Headaches

Increased heartbeat

Increased blood pressure

Confusion or disorientation

Inability to concentrate

Dehydration

Distortion of time

Sexual arousal

Enhanced libido

Nausea and vomiting

Diarrhoea or gas

Insomnia



# What are the Risks?



- Because 2C-B pills are produced in secret laboratories, they are rarely pure and the **amount in a capsule or tablet is likely to vary considerably**. Intense hallucinations as well as the side effects listed on the previous page can cause significant harm, particularly when taken in high doses.
- Because the 2Cs are psychedelic drugs, anyone with a history of mental illness should be particularly careful.
  - Panic attacks have been reported.
  - Severe psychosis has been reported.
  - Confused, agitated or even delirious states have been reported when the drugs have been taken in high doses.
  - Evidence from other drugs – such as ecstasy and LSD – suggest that regular users of the drugs become tired, low in mood and anxious when they stop using, or if they use in high doses.

## Why 2C-B should not be consumed with alcohol or other drugs



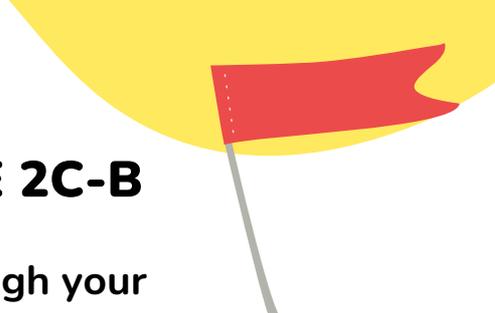
**2CB becomes much more dangerous when combined with other substances, and could cause death.**

- Mixing with tramadol increases the risk of seizure
- It should not be mixed with ayahuasca or 'changa' as they both contain Monoamine Oxidase Inhibitors (MAOIs)
- Mixing with other psychedelics carries the risk of making the trip more intense
- It should not be mixed with other stimulants including cocaine and amphetamines
- It should not be mixed with cannabis
- It should not be mixed with any recreationally used prescription drugs that are known to potentially interact with 2C-B.





## **FOLLOW THIS HARM REDUCTION ADVICE IF YOU DECIDE TO CONSUME 2C-B**



- If you have access to powder 2C-B, always weigh your dose with a milligram scale. A 15mg dose will produce a very different experience to a 30mg dose and it is not possible to measure this just by looking at two piles of powder.
  - Consider your set and setting. If you're feeling worried/anxious/depressed or you're not in a pleasant environment its probably best to save your drugs for another day when you're more likely to have a fun experience.
  - If you're having a bad trip, remind yourself you have taken a drug and that the effects will wear off soon.
  - Consider having a 'trip sitter', someone who remains sober and can help out if someone is having a bad time.
  - If someone can't be 'talked down' from a bad trip, consider seeking medical assistance.
  - Don't snort 2C-B as it is incredibly painful and damaging to your nose. You'll also start tripping almost immediately which isn't ideal if you're in the midst of a massive nose bleed.
  - Be mindful that 2C-B has some stimulant properties so make sure you drink plenty of water and if you're dancing make sure you take break so you don't overheat.
  - Do not attempt to get in the car and drive. Make sure you find a safe alternative.
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Sources: FRANK, DrugFree.org, BDP, Drug Science UK

**For further support and advice contact the EDAS/Reach Young Peoples team. We are here to help! Get in touch with us on 01202 741414 or 0800 0434656 - option 2.**



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