

SAFER USING TIPS

- Try to use in a safe environment with friends and people you trust - somewhere you feel comfortable
- Try to eat well beforehand and allow time for the food to digest before dosing to prevent nausea on your peak.
- Always dose yourself. This way you know how much you are taking
- It is best to have a sober friend or experienced user present
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- Try to plan ahead. If you're at a doof, it is a good idea to have warm clothes ready
- Have regular (light) meals/snacks while you're tripping.
- Drink plenty of water to stay hydrated
- It is better to not to take 2(-B if you don't feel well (emotional, upset, gloomy). 2C-B can enhance these feelings
- Try not to make any big decisions about life or people during the experience.
- Psychedelic drugs can change and/or distort your perceptions

SNORTING

- Snorting 2C-B or family members can be painful
- Snort water before and after to avoid damaging the protective lining in your nose
- Use your own clean straw for snorting. Do not use money to prevent risk of blood borne viruses (such as hepatitis C) transmission via tiny amounts of blood
- Do not use money- it is riddled with bacteria
- Repeated snorting can damage the membranes of the nose leading to blood noses and possible permanent damage to the septum. Switch nostrils regularly and give your nose a break.

DRUG COMBINATIONS

Possible outcomes. What works for one person may not work for another. We recommend you proceed with caution.

DANGEROUS

Extra caution is advised when using 2C-T-x in combination with (various) stimulants and hallucinogens. This can lead to an increased potency of both substances which can potentially be dangerous. Do your research.

UNSAFE

+Alcohol- risk of nausea and vomiting, decrease in effects

CAUTION

+Cannabis- can intensify trip with unexpected effects

+MAOIs- unpredictable increase of potency and duration

+SSRI's- Decrease in effects

+Depressants- decrease in effects

It is not recommended to use 2C-B or 2C family members if you suffer (or have suffered) from:

- **Heart problems**
- **Severe or uncontrolled high blood pressure**
- **Recent stroke**
- **Psychotic disorders**
- **Sleep deprivation**
- **Anxiety**
- **Depression**
- **Schizophrenia**
- **Other mental health issues**

MORE INFO

This resource is designed to give a brief overview and it is recommended that you do further research. The following websites may provide you with useful information.

www.hrvic.org.au/dancewize

www.bluelight.ru

www.erowid.org

www.dancesafe.org

www.bluebelly.org.au

www.tripproject.ca

www.nuaa.org.au

This 2C-B resource is produced by DanceWize®, a program of Harm Reduction Victoria (HRVic)

www.hrvic.org.au



2C-B

& the 2C FAMILY
4-Bromo-2,5-dimethoxyphenethylamine

SAY KNOW TO DRUGS.

**KNOW your mind, KNOW your body,
KNOW your substance and
KNOW your limits.**

This resource has been developed for party goers and people who are **already** using drugs. The role of DanceWize is to provide factual, relevant and practical information to assist you to make informed choices about different drugs and to promote harm reduction, safer partying and safer drug use .

DESCRIPTION

2C-B is a slightly stimulating psychedelic drug which means it modulates/changes the way electric signals are transferred in the central nervous system, causing changes in perception of reality and thought processes within the user. It was first synthesized in 1974 by Dr. Alexander Shulgin. 2C-B is considered both a hallucinogen and a mild entactogenic. "Entactogen" means "touching within," and is a term used by psychiatrists to classify MDMA and related drugs. 2C-B belongs to a family of drugs known as the "2Cs." These include 2c-I, 2C-E, 2C-T7 and many others. 2C-B and the other 2Cs are usually sold as a white powder in baggies or gel caps, but are sometimes pressed into tablets resembling ecstasy tablets. Members of the 2C family are alike with variations in effects and duration.

DOSAGE TIPS

Taking drugs is never without risk.

Mentioned doses are based on the information available to DanceWize© at the time of print and we can not give any guarantee of safety as the effects can vary greatly from one person to another.

- A standard recreational oral dose of 2C-B is between 10 and 25mg.
- Purity and strength may vary strongly so it's a good idea to start with a small amount of powder / quarter to a half pill for testing the effects.
- When using powder: use a milligram scale to measure your dose precisely.
- Other 2C-family members can vary in potency, durations and required dosage. Do your research.
- Give it plenty of time to work (at least two hours).
- The effects of 2C-B are dose related. In lower doses 2C-B works mostly stimulating/ euphoric, in higher doses 2C-B becomes mostly hallucinogenic.
- Be cautious with 2C-T-7 as it appears some people are significantly more sensitive to it than others.

ADMINISTRATION

Most commonly swallowed but can also be snorted or shelved (rectal).

DURATION

Mentioned durations are of 2C-B taken orally. Durations of family members vary.

Total Duration: 4-8 hours

Onset: 45-75 minutes

Peak: 2-4 hours

Coming Down: 1-2 hours

After Effects: 2-4 hours

HALF LIFE:

2C-B will remain active for another 4 hours after the effects have worn off.

ROADSIDE DRUG TEST:

2C-B itself cannot be detected using a saliva test. Pills and powders, however can be mixed with other substances (such as MDMA) which may be detectable.

EFFECTS

The following is a list of possible effects, which may vary from person to person.

Physical

- Sensory enhancement (taste, smell, touch, etc.)
- Changed/unusual body sensations
- Increased energy
- Nausea / vomiting
- Increased feeling of control over body
- Increased blood pressure
- Increased heart rate
- Pleasant body high
- Unpleasant body sensations
- Pupil dilation
- Teeth grinding
- Decreased appetite
- Change in body temperature regulation
- Muscle tension/twitching

STREET NAMES

2C, Bees, 2C-x, 2C-T-x

CHEMICAL COMPOUND

2C-B: 4-bromo-2,5-dimethoxyphenethylamine
2C-x refers to psychedelic phenethylamines with methoxy groups on the 2 and 5 positions.
Other members of the 2C family are 2C-C, 2CD, 2C-E, 2C-F, 2C-G, 2C-I, 2C-P, 2C-T-2, 2C-T-7 and many more.

SET AND SETTING

'Set' is the mindset a person brings with them and includes the physical, emotional and spiritual condition of the person, their expectations about the drug's effects and how they will react to it.

'Setting' is the environment that a person is in, including the social environment, who you are with and the physical surroundings, e.g. at home, at a festival or an unfamiliar location. In other words, it

Emotional

- Mood lift/Euphoria
- Increased empathy
- Meaningful spiritual experiences
- Enhanced sense of connection with the world (beings or objects)
- Increased appreciation of music

Psychological

- Increased associative and creative thinking
- Anxiety
- Ego softening / dissolution
- Confusion
- Insomnia
- Paranoia, fear and panic
- Changed consciousness
- Changed perception of time

includes the whole of the person at that present moment.

For psychedelic drugs, sometimes more so than other psychoactive substances, *set and setting* are very important in determining the nature of the experience.

