

avoid infection or blood borne virus transmission (HIV/HepC).

- Repeated snorting can damage your nose, switch nostrils regularly and take breaks.

SAFER HANDLING

Carrying drugs & paraphernalia puts you at greater risk of criminal charges. You can still be charged with trafficking even if you don't actually deal.

KNOW YOUR LOCAL LAWS.

DRUG COMBINATIONS

** Polydrug use has many possible outcomes. What could be fun for one person could be dangerous for another.*

We recommend you proceed with caution.

DAINGEROUS

MDMA, amphetamines or other stimulants/ psychedelics - can lead to an increase in the potency of both substances, which can have dangerous effects.
Tramadol - is known to lower the seizure threshold, raising the risk of seizures.

CAUTION

Alcohol - increased risk of nausea and vomiting and a decrease in noticeable effects.

MAOIs - unpredictable interactions. May increase of potency and duration of effects, (including adverse effects).

Cannabis - can intensify the trip and cause unexpected effects, such as sudden paranoia.

SSRI's - can decrease the noticeable effects of 2C-B while increasing the risk of adverse effects.

Other Depressants - can decrease the noticeable effects of 2C-B while increasing the risk of adverse effects.

Taking 2-CB can be particularly dangerous if you have or are at risk of:

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

DRUG TESTS & ROADSIDE TESTS

Roadside Police: 2C-x is not looked for but other substances that might have been cut into your 2C-x, (such as MDMA/ amphetamines) can be detected.

Wait at least 24 hours before driving. Taking multiple doses over a period of several hours can lengthen this time period.

Workplace: OHS law gives employers rights to test employees for drug use. This should be contained in workplace policy, it should be reasonable, and a risk assessment should be done to determine whether testing of employees is appropriate.

Urine: 1 - 4 days

Hair: Up to 90 days

Blood: up to 2 days

'Pill Testing'/Drug Checking: Lab-quality testing has been trialed in Australia but is not yet available as a health service outside the ACT. However, DIY reagent testing is an option and reagents Marquis, Mecke, Robadope and Simon react with 2C-B.

MORE INFO:

This educational resource has been developed by people who use drugs for their peers and the wider community. The role of DanceWize is to provide practical, evidence-based, unbiased information to assist you to make educated choices and to promote harm reduction, community care, and wellbeing. In an unregulated market it's impossible to know the purity or dose of any substance. Taking drugs from an unregulated market carries its own risk, and you can educate yourself and practice harm reduction to reduce this risk.

Knowledge is power.

OTHER HELPFUL PEER BASED WEBSITES

AUSTRALIA

www.dancewize.org.au
www.dancewizensw.org.au
www.hi-ground.org
www.prism.org.au,
www.consciousnest.info

INTERNATIONAL

www.erowid.org
www.tripsit.me
www.dancesafe.org
www.trippproject.ca
<https://www.kosmicare.org/>
www.pillreports.com

Research your jurisdiction's Department of Health website for drug 'alerts' or 'warnings'. Both HRVic & DanceWize post these Drug Alerts on our socials.



2Cb

STREET NAMES

2C, Bees, 2C-x, 2C-Tx

CHEMICAL COMPOUND

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, 2C-D, 2C-E, 2C-F, 2C-G, 2C-I, 2C-P, 2C-T-2, 2C-T-7 and many more.

KNOW YOUR BODY & MIND - 'SET'
KNOW YOUR ENVIRONMENT - 'SETTING'
KNOW YOUR DRUG - 'PRACTISE HARM REDUCTION'

SAY 'KNOW' TO DRUGS.

DESCRIPTION

2C-B is a psychedelic stimulant that acts on the central nervous system(CNS). First synthesized in 1974 by Dr. Alexander Shulgin, it can cause visual hallucinations, changes in perception of reality and thought processes within the user.

2C-B is also known to cause rapid breathing, increase heart rate or nausea in some cases.

2C-B is considered both a hallucinogen and a mild entactogen. "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-T-7 and many others. 2C-B and the other 2Cs are usually sold as a white powder in baggies or gel caps but are also sometimes pressed into tablets resembling ecstasy. Members of the 2C family are largely alike in effects, with the main differences being the strength and duration of the experience.

ADMINISTRATION (MOST COMMON ROUTES)

Ingested orally in caps or pills (10-25mg single dose)

Snorted (4-16mg single dose) or **Shelved** (rarely)

DURATION OF EFFECTS

Duration can vary greatly between different members of the 2C-x family, some substances in the 2C-x family may have noticeable effects for 24hrs or more after ingestion.

For 2C-B (when swallowed)

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 (the time it takes for the amount of a drug's active substance in your body to reduce by half.)

Even though the apparent effects of 2C-B may wear off after 4-8 hours, the drug is still active in your system for up to 12-24 hours after you have taken it. Remember this if using other substances or redosing. Depending on the particular 2C-x substance, this may be considerably longer.

EFFECTS

KEY: 🟡 LESS COMMON 🔴 RARE

= 'Set' (your mind & body) + 'Setting' (environment) + Drug

PHYSICAL

- Dry mouth
- Increased heart rate
- Pleasant body high
- Increased blood pressure
- Increased feeling of control over body
- Increased energy
- Unusual body sensations (facial flushing, chills, goosebumps, body energy, feeling like you have urinated on yourself or have started menstruating)
- Pupil dilation
- Sensory enhancement (taste, smell, touch, etc.)
- Teeth grinding
- Decreased appetite
- Change in body temperature regulation
- Muscle tension/twitching
- Stomach discomfort 🟡
- Lethargy (feeling heavy) 🟡
- Nausea/vomiting 🔴
- Serotonin toxicity 🔴

EMOTIONAL

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

PSYCHOLOGICAL

- Mild anxiety / fear
- Auditory hallucinations or buzzing sounds
- Kaleidoscopic colours
- Strong visual hallucinations
- Increased associative and creative thinking
- Exacerbation of existing mental illness
- Insomnia
- Changed consciousness / shift in perspective
- Distorted perception of time
- Difficulty integrating experiences 🟡
- Psychosis 🔴
- Severe Anxiety / panic 🔴
- Overwhelming fear 🔴
- Ego dissolution / ego death 🔴

- Temporary inability to communicate 🟡
- Paranoia 🔴

LONG TERM EFFECTS

Since 2C-B was only first synthesised in 1974, there's still only limited information on the long-term effects and so more research is needed.

SAFER USING

- Remember that **'Set'** (your current mindset & body), and **'Setting'** (the other people and environment around you), **can help shape a psychedelic experience** as much as the drug itself
- Ensure you use around people you trust & somewhere you feel safe
- **Consider having a sober or experienced safe person with you** (trip sitter)
- Snorting 2C-B can be incredibly painful, even for 'experienced' drug users. *Experiencing this painful burning sensation right at the start of the trip can sometimes affect the entire experience.*
- Eat about 30 minutes before use & have snacks & water ready for the journey. Some people may feel nauseous while eating on 2C-B. (Fruit based icy poles are a good alternative) Know & trust your own body and what it is telling you.
- Always measure your doses, yourself.
- Start with a low dose first, especially if trying a 'new batch'.
- 2C-B is active in very small amounts. *Be extra cautious when weighing powders and use scales displaying at least 3 decimal places.*
- The 2C-x family vary greatly in potency, duration and effects. Try to find out as much as possible beforehand about exactly what drug you are planning on taking, and how long it's expected to last, (links to resources are at the end of this pamphlet).
- If redosing, wait at least 2 hours after the onset of effects.
- Try not to make any big decisions about life or people during the experience or until you have fully 'landed'.
- Research 'Integration', (ongoing learning processes after psychedelic experiences).

WHEN SNOTING

- Crush into fine powder (crystals can cause little cuts)
- Snort water before & after to protect your nose
- Use your own straw/spoon, (& not bank notes) to