



**What you need  
to know about  
GHB/GBL.**

*#liquid ecstasy*



GHB (gammahydroxybutyrate) and GBL (gammabutyrolactone), are very similar drugs with sedative and anaesthetic effects. GHB is also known as 'Liquid Ecstasy'. GHB is taken in liquid form, though it can come in powder, tablet, or capsule form. It's normally mixed with water or soft drinks and drunk. Overdose, coma and death are real risks with GHB and GBL. It is especially dangerous when combined with alcohol.

## Stay Safe

- Use small doses.
- Only take a small amount out with you, so you're not tempted to use more than you should.
- Do not mix with other drugs, especially alcohol.
- Take it in a safe space with people you know & trust, as it will effect your concentration & coordination, leaving you vulnerable.
- Carry condoms & practice safe sex.
- If someone is suffering bad effects like vomiting, convulsions, unconsciousness, put them in the Recovery Position and call for an ambulance immediately, telling them that the person has taken GHB.

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