



The real truth about GHB

GHB is a predominantly central nervous system depressant. Because it is often colorless, tasteless, and odorless, they can be added to beverages and ingested unknowingly. These drugs emerged a few years ago as “date rape” drugs.

Since about 1990, GHB (gamma hydroxybutyrate) has been abused in the U.S. for its euphoric, sedative, and anabolic (body building) effects. It is a central nervous system depressant that was widely available over-the-counter in health food stores during the 1980s and until 1992. It was purchased largely by body builders to aid in fat reduction and muscle building. Street names include “liquid ecstasy,” “soap,” “easy lay,” “vita-G,” and “Georgia home boy” , to name just a few.

Coma and seizures can occur following abuse of GHB. Combining GHB with other drugs such as alcohol can result in nausea and breathing difficulties. GHB may also produce withdrawal effects, including insomnia, anxiety, tremors, and sweating. GHB and two of its precursors, gamma butyrolactone (GBL) and 1,4 butanediol (BD) have been involved in poisonings, overdoses, date rapes, and deaths.