

- **GHB**
 - GHB or Gamma hydroxybutyrate is a central nervous depressant originally used to improve physical performance, reduce stress, induce sleep, build muscle, and burn fat. It is now used socially at clubs and parties for its intoxicating, euphoric, and sedative effects. It can be lethal when combined with alcohol or other depressants causing it to be labeled as a “date rape” and “club” drug (Cesar).
 - **Street names:** G, Liquid Ecstasy, Gamma Oh, Georgia Home Boy, Goop, Great Hormones at Bedtime, Grievous Bodily Harm, Jib, Liquid E, Liquid Ecstasy, Liquid X, Salty Water, Sleep, Soap, Somatomax, Vita G, Growth Hormone Booster (Cesar)
 - **Uses:** Typically GHB is sold as clear, odorless, nearly tasteless, and colorless liquid. It is then mixed with water or alcoholic drinks to be consumed. Because it is sold in a variety of concentrations there is no way to know its strength leading to an increased chance of overdose (Cesar).
 - **Short-Term Physical Effects:** High doses can cause extensive muscle relaxation, loss of coordination and balance, heart rate and respiratory decrease. An overdose can cause headaches, nausea and vomiting, hallucination, seizures, amnesia, respiratory depression, loss of consciousness, coma, and possibly death (Cesar).
 - **Psychological Effects:** The time it takes the effects of GHB to surface depends on what it is mixed with. After ten to twenty minutes effects are first felt. Effects start to level off and decrease forty-five minutes to one and a half hours later. After-effects include grogginess and sleepiness and are felt two hours to twelve hours later. Low doses of the drug can cause euphoria and decreased inhibitions. High doses can cause disorientation, sleepiness and lethargy, and impaired learning and memory. (Cesar)
 - **Long-Term Effects:** An overdose of GHB can lead to death. (Cesar)
 - **Withdrawal Symptoms:** Types of symptoms of GHB include anxiety, tremor, insomnia, confusion, delirium, and hallucinations. Severe withdrawal and tolerance is caused by increased consumption of the drug over a long period of time with great frequency. Addiction can also be rapid and unexpected. (Cesar)

Source:

Center for Substance Abuse Research [<http://www.cesar.umd.edu>]