

## Other street names for GHB:

G, Gamma-oh, Liquid E, Fantasy, Georgia Home Boy, Grievous Bodily Harm, Liquid X, Liquid Ecstasy (not the same as Ecstasy) Scoop or Water

## Is GHB Illegal?

Yes. Both Michigan and the federal government have declared GHB a Schedule I controlled substance, in the same category as heroin. Simple possession is a felony that can result in jail, fines, or both. Anyone found guilty of delivering, possessing with intent to deliver, or manufacturing GHB could face life in prison.

## Is GHB addictive?

Very. Repeated use of GHB can lead to strong physical dependence. Withdrawal symptoms from GHB can be life threatening, and they usually last 7-14 days instead of the 3-5 day withdrawal period of other drugs. Withdrawal symptoms often include amnesia, seizures, hallucinations, and loss of control of bodily functions.



## I've heard that it's not a good idea to call 911 if someone overdoses on GHB. Is this true?

**Absolutely not.** Prompt medical help for GHB overdose can mean the difference between life and death. If someone who has taken GHB has fallen asleep and you can't wake them, **get help immediately.**

## Where can I get more information and help?

Many users typically don't understand the risks of the drug, and they can't recognize their need for help. It's up to family members, friends, co-workers or other concerned persons to work with substance abuse professionals to get the user into treatment.

Call **1-800-626-4636** to get information on treatment programs in your area.



Anne Norlander, Chairwoman  
Martha Truscott, Executive Director



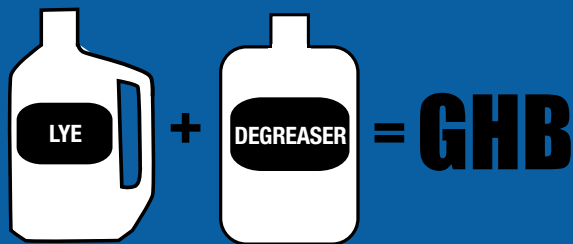
# GHB:

**A vicious scam.  
A proven killer.**

If someone told you that eating lye before a workout would help you build muscle faster, would you try it? How about degreaser? Of course you wouldn't. But GHB and its precursors are made from those things, and the people who sell it want you to believe that it will help you get bigger faster. Don't buy it — read on for the real facts about GHB.

## What is GHB?

GHB is sold on the street as a “party drug” and marketed on the Internet to bodybuilders. Some bodybuilding formulas that contain GHB or similar chemicals are Renewtrient, Revitalize Plus, Serenity, Enliven, GHRE, SomatoPro, NRG3, Thunder Nectar, Weight Belt Cleaner and Blue Nitro.



**GHB's** performance-enhancing effects have never been substantiated, but its harmful effects on the body are well documented.

Some of the bodybuilding formulas contain GHB precursors, or chemicals that turn into GHB in the body. These formulas are much more difficult to regulate, but once ingested, they have the same effects as GHB that is sold on the street.

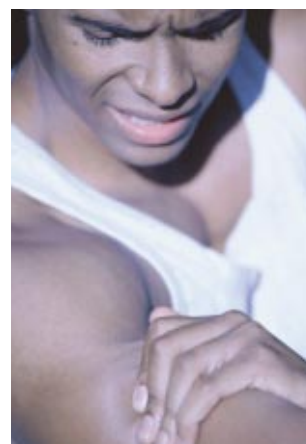


Some of the drug's proponents call GHB and its precursors a nutrient and imply that it's safe because it's found naturally in the body. GHB is not a nutrient, and while the body does produce miniscule amounts of it, that doesn't make the synthetic form any less dangerous. The bottom line is, **using GHB can kill you.**

# GHB-related emergency room visits in 1997: 762

## What are the effects of GHB?

GHB's side effects can include nausea, vomiting, delusions, depression, vertigo, hallucinations, seizures, loss of consciousness, slowed heart rate, lowered blood pressure, amnesia, respiratory arrest, coma, and liver failure. Because GHB is made from toxic, corrosive ingredients, it can also cause ulcers, esophageal erosion, and other organ damage. At least 58 people have died from using GHB since 1995.



**Proven cases of GHB helping people build muscle or burn fat: 0**

**Years you could spend in prison for possession of GHB: 2**



## Can GHB help me build muscle or lose weight?

None of the studies that have been done on GHB have ever shown that it builds muscle or aids in weight control. What has been proven is that using GHB can destroy your life — or end it.

# People who have died from using GHB: 58