

2C-B

History/Background

2C-B was discovered in 1974 by the American chemist [Alexander Shulgin](#), who was investigating psychedelic phenethylamines derived from mescaline. Shulgin described 2C-B as his favourite & as "extraordinarily comfortable and quite erotic," (2) He also highlighted its potential for healing trauma.

In the 1970s, it first saw use as a therapeutic aid by a small circle of American psychotherapists and was considered one of the best substances for this purpose due to its short duration, relative absence of side effects, and comparably mild nature. It would later be described as an aphrodisiac by some users.

Over the last 10-15 years, 2C-B gained popularity among electronic music party goers as the replacement of choice for ecstasy (MDMA, Molly) and LSD, either alone or combined ([González et al., 2013](#); [Fernández-Calderón et al., 2017](#)). (1) When MDMA was banned in 1985, 2C-B's popularity surged as a legal alternative. It was also developed as an aphrodisiac by the German pharmaceutical company Drittwelle (meaning "third wave"), and marketed under the brand names Erox, Nexus, and Performax.

In the late 80s it was marketed as an alternative to MDMA, before being outlawed in the US in 1994. South Africa & others followed after. The Netherlands and Japan outlawed it in '97 and '98.

Potential Benefits

2C-B is said to heighten the senses at lower doses and provide strong visual and psychedelic experiences at higher doses. Similar to mescaline, it is described as possessing a less serious or grandiose headspace than tryptamines like LSD or psilocybin mushrooms, placing greater emphasis on the visual and tactile domain.

User reports have described the effects of 2C-B as moderate, warm, colorful, and highly sensual. Being more in touch with your body and your physicality seems to be another common theme. It's been suggested that it can be a self-diagnostic tool for body work.

In the emotional realm, 2C-B can be useful for working out interpersonal issues and has also been said to be an excellent tool for learning. Some will have enhanced ability to express themselves and talk while others may experience the opposite and be more inward, finding communication difficult.

Some people have suggested that 2C-B combined with MDMA would increase the empathogenic effect and be a good synergy. It also has a suggested synergy with ketamine. (3) Combinations would be on the cutting edge of experience and done at your own risk however given the lack of data.

A small study from Spain (4) noted decreased anger and increased sensitivity to negative stimuli, and suggested its use as a possible psychotherapeutic tool.

General Effects

Oral

Onset	20-75 minutes
Duration	4-8 hours
After-effects	2-4 hours

Bodily effects can include the following- euphoria, giggling, empathy, insight, brightened color, closed/open eye visuals, enhanced tactile sensation, mental/physical stimulation, decreased appetite, pupil dilation, restlessness, change in perception of time, ego softening, nausea & stomach discomfort, sweating/chills, muscle tension, confusion, insomnia.

From a pharmacological point of view, preclinical studies have demonstrated that 2C-drugs inhibit the norepinephrine (NE) and serotonin transporters (NET and SERT, respectively) with very low potency in comparison to amphetamine.

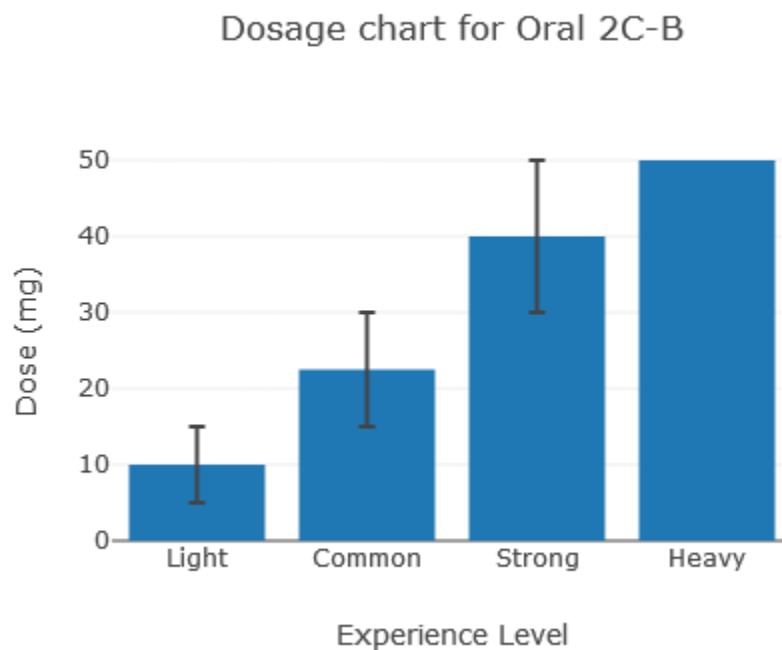
Smaller doses (under 15 mg) are reported to be useful as a sensory and aesthetic enhancer (in a manner somewhat similar to MDMA) while larger doses are reported to produce a distinct mind-manifesting psychedelic effect. (5) In Pikhail, the author Shulgin describes 24 mg as putting him totally in touch with his body and having sublime and intense erotic experiences. (6) Also intriguing is the description of visual effects.

Conceptual thinking, introspective insights, and spiritual ideation are also common—especially when alone. There may be a slight softening of the ego.

While the vast majority of reports are positive on the effects of 2C-B, it's important to treat it with respect and not tempt fate with high doses increasing the potential for problems. Also it's important to note that since senses will be heightened this could mean you feel pain more, if already suffering from an injury for example. Potential for feelings of fear is increased at higher doses.

After-effects of cheerfulness have been reported to persist for days though even with challenging trips.

Dosing



Caution : Never snort 2C-B unless you like excruciating pain!

Interactions/Contraindications

2C-B is contraindicated in people with a family history of schizophrenia, in developing children, and in pregnant and lactating women. Avoid taking 2C-B if you're feeling highly nervous, stressed or depressed. It is not recommended for those with serious hypertension. Those with a history of drug dependence should avoid.

Contraindicated with Tramadol, mescaline, cocaine, 5MeODMT, and MAOIs. Be very cautious if mixing with other stimulants or alcohol. Better yet don't do it.

Caffeine is ok but could increase anxiety and be uncomfortable.

Mixing 2C-B use with mushrooms is low risk but nevertheless exercise caution.

Driving or operating machinery while under the influence should be strictly avoided.

References

- (1) <https://www.frontiersin.org/articles/10.3389/fphar.2018.00206/full>
- (2) <https://www.scientificamerican.com/article/self-experimenter-chemist-explores-new-psychedelics/>
- (3) Turner, D. M. (1994). The Essential Psychedelic Guide. San Francisco, CA: Panther Press.
- (4) <https://www.hindawi.com/journals/bmri/2015/643878/#conclusions>
- (5) <https://psychonautwiki.org/wiki/2C-B>
- (6) https://erowid.org/library/books_online/pihkal/pihkal020.shtml

For further info you can also see [this page on ThirdWave](#)