2C-B
Harm Reduction Information

Also called Nexus; chemical name 4-bromo-2,5-dimethoxyphenethylamine

Last updated 10/28/2026

Please Read First

This page is educational. It is not medical, legal or professional advice, and I am not a physician or an attorney. This information was gathered from published harm reduction organizations, medical and legal sources, and my own training and experience, and I may have made mistakes. You are responsible for confirming anything here before you act on it, with a qualified medical provider and, for questions of law, an attorney. Laws and knowledge about psychedelics change quickly, and some of what is written here may have changed since the date above. Nothing here encourages anyone to break the law. It exists to reduce harm for people who will make their own choices. I do my best to keep up with current law and research, but I cannot promise that anything here is current or complete.

It is advisable to meet with a psychedelic-informed physician for an assessment before using any psychedelic or related substance.

Where this information came from: The sources listed under References, and my own training and experience.

This document was drafted with the support of Claude, an AI assistant. I reviewed it, and AI and I can both be wrong, so check anything that matters to you before you act on it.

What 2C-B Is

2C-B, short for 4-bromo-2,5-dimethoxyphenethylamine, belongs to the 2C family of phenethylamines, named for the two carbons between the ring and the amine. It is related in structure to mescaline and to DOB, an amphetamine [1][2]. The DEA calls it 4-bromo-2,5-DMPEA [3]. Other names are Nexus, Bees, Bromo, Venus, Toonies, Spectrum and 2's, and Erox was a brand name [3][2][4]. Mixed with LSD, people call it a banana split, and mixed with MDMA, a party pack [3].

It is usually a white powder or crystal, or pressed into tablets that sometimes carry logos and sometimes look like MDMA pills [3][4][5]. Color does not identify it, and pinkish powders sold as 2C-B have held other drugs (see What Is Really in the Pill or Powder).

Where It Comes From

The chemist Alexander Shulgin first made 2C-B in 1974 while working on relatives of DOB, and he and Michael Carter published on it in 1975 [6]. Erowid dates his first note of its activity to 6/25/1975 and says he found it strongly active [6]; PsychonautWiki gives

1974 for both the making and the testing [2]. In the late 1980s it was sold as a replacement for MDMA, which was scheduled in 1985, and Shulgin and his wife Ann described it in PiHKAL in 1991 [6].

Ann Shulgin, a lay therapist, pioneered therapeutic uses of both MDMA and 2C-B [7]. Because it is shorter and less forceful than the classic psychedelics, it was used in psychotherapy [1]. A 1996 article reports American therapists using it for years, and a German drug company selling it as Nexus for sexual difficulties [8]. Therapists later moved away from it because of stomach upset and a weaker empathy effect than MDMA [4]. It was sold legally in Southern Africa from 1993 to 1996, and some traditional healers used it [4][9]. It has not been in any major clinical trial [9].

About the Sources

Several sources here are weak. PsychonautWiki, Wikipedia, a clinic-linked blog and a magazine piece carry much of the history and the route and combination information, and PiHKAL itself would not load for me, so Shulgin's own entry was not read. The peer-reviewed studies, the Federal Register and the DEA fact sheet are the strongest sources. Where a line rests on one source, it says so.

What It Feels Like

Most of what is known about how 2C-B feels comes from a few lab studies of healthy adults who had used psychedelics before, given set amounts by mouth in monitored rooms [10][11][12]. I could read the interview study only as an abstract [13]. The reference list marks each source I could read only in part.

The Body

Heart rate and blood pressure rise modestly and settle as the effects fade [10]. In the Basel comparison MDMA stimulated the heart more than 2C-B did [12]. People in the observational study described a different body feeling and, less often, an unreal one, with mild drowsiness and some confusion [10]. The authors called the profile a mix of psychedelic and stimulant-like effects [10]. The usual body effects, such as nausea, a tight jaw and chills, are listed under Other Physical Effects and Risks.

How a Session Moves

The effects build gradually, hold on a plateau and taper [10]. In the lab the effects of 2C-B ended sooner than those of psilocybin, and most people were back to baseline within the same half-day [11]. At the higher levels in the Basel trial the experience ran about as long as MDMA's and shorter than psilocybin's [12]. The length of each stage is under How Long It Lasts.

Seeing and Hearing

Changes in color, shape, light and distance were commonly rated, and frank hallucinations were mild and came up in only a few people [10]. The study text is

inconsistent about how many, so treat it as a few people, mildly. Beside psilocybin, sounds changed less under 2C-B [11]. In the Basel trial the visual and auditory effects, and the distortion of time, rose as the amount rose, with psilocybin generally the strongest [12]. In these samples the mood effect stood out more than the sensory one [10]. A Spanish survey that also looked at drug samples found perceptual effects like other psychedelics, with less impairment and more pleasure, closer to an entactogen [14].

Feelings

Euphoria and a sense of well-being, along with a general liking for the drug, were rated highest in the observational study, and fear and sadness did not rise meaningfully [10]. Next to psilocybin, 2C-B lifted positive mood more, with higher vigor and elation, while psilocybin brought more low mood; both raised happiness and creativity and lowered sociability to a similar degree [15]. At the higher levels, 2C-B and MDMA both increased emotional empathy for positive images [12]. People interviewed about 2C-B often found it more favorable than other 2C drugs and compared it with MDMA and LSD [13]. Many people find it gentler than LSD or mushrooms [1].

Insight and the Edge of the Self

Ego dissolution happens, to a moderate degree. Both 2C-B and psilocybin raised it in the lab [11][15], with the emotional side of it strongest under psilocybin [11], and in the Basel trial it rose with the amount of 2C-B, again with psilocybin the strongest [12]. The Maastricht authors describe 2C-B at the amount they tested as a psychedelic of moderate experiential depth [11].

When It Is Hard

Only psilocybin significantly raised anxiety and distress in the Basel trial [12]. The two Maastricht reports differ on whether bad-effect ratings ran higher after 2C-B or after psilocybin [11][15]. The hardest experiences in the record come from the wrong product. A young man reached an emergency department agitated, hallucinating, confused and frightened after taking something sold as 2C-B that analysis showed was 2C-P, a longer-acting and more potent relative, and he remained disoriented in time at discharge [16]. Mis-sold products are described under What Is Really in the Pill or Powder, fear and lasting mental effects under Toxicity and the Mind, and the signs to act on under Warning Signs.

What Shapes the Experience

Every lab session took place in a monitored room with experienced users [10][11][12]. Participants in the preprint told 2C-B from psilocybin only a little better than chance [15], and the observational authors list expectancy as a limit of their study [10]. The usual advice on state of mind and surroundings is under Before in Preparation and Integration.

The Days After

The lab studies followed people for hours, and drug levels and cortisol a little longer [10] [12]. Community sources mention an afterglow and trouble sleeping, which are covered under How Long It Lasts.

How It Is Taken

Forms You May Meet

2C-B is sold as a powder, as pressed pills and in capsules [3]. It is very sensitive to amount, and small differences change the effect steeply [17][18]. It is taken in far smaller quantities than MDMA, so someone who thinks they hold MDMA can take much more than they intend [19].

Swallowed

This is the usual route [3][5][20][21]. Onset and duration are under How Long It Lasts, below.

Through the Nose

Sources give an onset of 1 to 10 minutes [2][21] and disagree about the total, from 2 to 6 hours [2][9]. Every source that mentions it calls snorting painful. Erowid calls it legendarily painful [1], the Alcohol and Drug Foundation says it can damage the nose and cause nosebleeds [5], and Know Your Stuff NZ says it can injure the nasal lining and cost you your sense of smell, while skipping the stomach and liver [17]. Drug Science advises against it [18].

Other Routes

Rectal, injected, smoked and under-the-tongue use rest on one community page [2] and are not described here.

How Long It Lasts

Sources do not agree. PsychonautWiki gives an onset of 20 to 40 minutes and a total of 5 to 7 hours [2]. Erowid gives 45 to 75 minutes to onset, 4 to 6 hours of main effect and 2 to 4 hours of afterglow, with trouble sleeping [1]. The DEA says effects begin in 20 to 30 minutes and last up to 8 hours [3], and the 1995 Federal Register rule says intoxication lasts 6 to 8 hours [22]. In the controlled human observation, heart effects began by 1 hour, lasted to about 4 hours and were back toward baseline by 6 hours, and every symptom had resolved by then [10].

The general range is an onset of about 20 to 90 minutes, a peak at roughly 1 to 2 hours, and main effects for 4 to 6 hours, with sources reaching from 3.5 to 8 hours and a few anecdotal reports of 12 [1][5][20]. Afterglow and trouble sleeping can add another 2 to 4 hours [1][5]. A full stomach slows onset [1].

About 2C-B and Its Effects on the Body

What is known comes from a few small human studies, poison center data, case reports, drug-checking services and user reports. Drug Science calls the evidence thin and mostly observational [18].

How It Works in the Body

2C-B acts on serotonin receptors, mainly 5-HT2A and 5-HT2C, and the 5-HT2C action is thought to drive many of its effects [2][23]. Sources disagree about whether it is a partial agonist or a blocker at 5-HT2A [24][2][4][18]. It also weakly blocks the serotonin transporter as MDMA does, though less strongly at the norepinephrine and dopamine transporters [24].

The liver breaks it down with the enzymes MAO-A, MAO-B and the CYP450 family, and the urine carries it out [23][4]. A laboratory study found that most 2C compounds block MAO enzymes in the test tube, so a contribution from MAO blocking cannot be ruled out [25]. Response differs a great deal between people, possibly because enzymes differ genetically [23].

Heart, Blood Pressure and Body Temperature

In the controlled observation, heart rate and blood pressure rose, with average maximum rises of about 19 points systolic, 13 diastolic and 13 beats per minute. That is less than MDMA or amphetamine produced in other controlled studies, and no serious adverse events occurred. A second small study of 20 recreational users, with no placebo group, found small rises at the peak, back to baseline by 6 hours [24].

Larger amounts can bring a fast heart rate, high blood pressure and overheating [2][4] [20].

Other Physical Effects and Risks

Common effects are nausea and sometimes vomiting, widened pupils, tight jaw and teeth grinding, sweating or chills, loss of appetite, headache, stomach upset and a heavy or buzzing body feeling [1][2][20][21][26]. Some people get an allergy-like reaction with extra mucus and coughing [1][21].

A Dutch poison center series of 59 patients found dilated pupils, agitation or aggression, hallucinations, confusion, anxiety, high blood pressure and a fast heart rate. Poisoning was mostly moderate, the course was usually short and lasted up to 24 hours, and no severe cases were seen. 2C-B was confirmed by laboratory test in only 5 of the 59 [27]. A 2019 hospital case report describes an 18-year-old man found unresponsive with seizures, a temperature of 39.6 degrees Celsius, signs of serotonin syndrome, muscle breakdown with kidney injury and severe brain swelling. A year later he was minimally conscious. The amount he took is unknown, though 2C-B was confirmed in his blood and

in his dealer's sample [23]. A Colombian case series describes three people with muscle, nerve and heart complications [28].

As of 2018, no death had been attributed to 2C-B alone [24][4], and the Australian Alcohol and Drug Foundation reported none in 2025 [5]. The amount that could kill is unknown [2] [4]. Deaths have occurred with other 2C drugs [5], so safety here cannot be carried over to 2C-B-FLY or the NBOMe compounds. In hospital there is no antidote, and care is supportive: monitoring, benzodiazepines, fluids and cooling [29].

Toxicity and the Mind

Anxiety, confusion, paranoia and frightening thoughts or visions can happen, and set and setting shape them strongly [1][5][20][30]. They are more likely with a family history of mental illness [5].

Prolonged psychosis has been reported. A 24-year-old London student developed persecutory delusions after using 2C-B first with alcohol, and they returned after a second use. This is a conference abstract, and purity was not confirmed [31]. A review lists a case of psychosis lasting beyond 48 hours after a single tablet and a case of damage to brain blood vessels, with 2C-B confirmed in neither [24]. One man developed acquired synaesthesia that lasted more than 7 years, and the authors link it to an excessive amount of 2C-B and compare it to HPPD [32]. HPPD, a lasting change in perception after a psychedelic, is rare, can follow a single exposure and is more often diagnosed with a history of psychological problems or substance misuse [33].

Long-term effects of 2C-B have not been studied [2][5][21]. The HSE advises at least three months between uses for anyone with a mental health concern [30].

Legal Status

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Federal

2C-B is Schedule I. The DEA placed it there by emergency rule on 1/6/1994 [34][35], extended that to 7/6/1995 [35], and made the placement permanent by a final rule published and effective 6/2/1995 [22]. Sources give different years, 1993, 1994 or 1995, and these are the dates the Federal Register supports [22][34][2][4]. The DEA's reasons were its similarity to DOM and DOB, a high potential for abuse and no accepted medical use in the United States. It had found 2C-B in clandestine labs in California and Arizona, sold as MDMA and as LSD on sugar cubes, and marketed as an aphrodisiac under the name Nexus [22][34].

The DEA fact sheet of January 2026 repeats the Schedule I status and reports more than 1,500 laboratory reports from 48 states and Puerto Rico since 1998, peaking at 201 in 2019 and falling to 76 in 2024 [3]. Internationally it is in Schedule II of the UN Convention

on Psychotropic Substances, a Class A drug in the United Kingdom, Schedule 9 in Australia and illegal in New Zealand [4][5][17][18].

Colorado

Colorado's Natural Medicine Health Act, Proposition 122, defines natural medicine as dimethyltryptamine, ibogaine, mescaline (not peyote), psilocybin and psilocin [36]. 2C-B is not named and is not covered. The act decriminalizes personal possession, growing, use and sharing of those substances for adults 21 and older, and the regulated licensed program covers psilocybin only [37][38][39]. Colorado passed a law in May 2026 that adds ibogaine to the framework [40].

I could not confirm how Colorado classifies 2C-B. The state's Schedule I text names the amphetamine relative 4-bromo-2,5-dimethoxyamphetamine, and 2C-B may be reached through the controlled substance analog clause, but my reading of the statute did not show 2C-B by name [41]. If it is Schedule I in Colorado, possession of 4 grams or less is a level 1 drug misdemeanor and more than 4 grams is a level 4 drug felony [41].

Contraindications

There is no trial of 2C-B with other medicines. Most of the warnings below come from how the drug works in the body and from harm reduction practice, and where a line rests on that alone, it says so [42].

Medications

MAO inhibitors, including some antidepressants and the plants used in ayahuasca and changa. Erowid says not to combine them [1], Know Your Stuff NZ says MAOI antidepressants can raise serotonin to life-threatening levels [17], and TripSit warns that MAO-B inhibitors can make phenethylamines stronger and longer lasting in unpredictable ways [26]. The mechanism fits the laboratory finding that 2C-B is broken down by MAO [23][25].

SSRIs, SNRIs and other antidepressants. A systematic review found that 2C-B's profile points to interactions with citalopram, fluoxetine, fluvoxamine, paroxetine, sertraline, duloxetine, bupropion, venlafaxine, phenelzine, moclobemide and tranylcypromine, mainly through MAO, and says the literature is limited [42]. TripSit names serotonergic drugs such as antidepressants and tramadol [26]. Direct evidence of harm from 2C-B with an SSRI is not available; this rests on inference.

Lithium. PsychonautWiki, Safer Party and CAHMA warn of a higher risk of psychosis, seizures or stroke [2][20][21]. These are community and harm reduction reports without controlled data.

Tramadol. PsychonautWiki, Safer Party, the Alcohol and Drug Foundation, CAHMA, Drug Science and the TripSit chart all warn of seizure risk [2][5][20][21][18][26].

Stimulants, including amphetamine, cocaine and methylphenidate. CAHMA, Drug Science, PsychonautWiki and TripSit warn of more anxiety, looping thoughts and heart strain [2][20][18][26].

ADHD medicines, including atomoxetine, dexamphetamine, methylphenidate and modafinil. The same review found potential interactions, mainly through MAO [42].

Antipsychotics. Safer Party advises people taking them to avoid 2C-B or use only small amounts [21].

Benzodiazepines. PsychonautWiki notes they can ease a difficult experience and carry risks of their own [2].

Prescription medicines in general. Know Your Stuff NZ, the Alcohol and Drug Foundation and the HSE say the results are unpredictable [5][30][17].

Conditions

Heart conditions and high blood pressure [1][2][20][21][18], which fits the blood pressure and heart rate rises measured in the human study [10].

Seizure disorders and epilepsy [1][8][18], and seizures appear in the 2019 hospital case [23].

Diabetes [1][8][18].

Psychosis, schizophrenia and bipolar disorder, or a family history of schizophrenia or early mental illness [1][2][5][30][17][18].

Recent emotional upheaval [1].

Pregnancy and breastfeeding. Unknown for 2C-B.

Liver and kidney disease. The liver breaks the drug down [23][4], and the 2019 case involved kidney injury [23].

Driving and operating machinery [1][30].

Other Substances and Combinations

Combinations of medicines get their own document; below are the ones that matter most with 2C-B, beyond the medicines listed above.

MDMA, called a Nexus flip. Both drugs raise serotonin, dopamine and norepinephrine, so the effects add up, and the risks include anxiety, panic, confusion, overdose, heart complications and a harder comedown [43]. Safer Party links the combination to seizures [21], and PsychonautWiki notes strong amplification [2]. Some people say the two blunt each other [43]. This rests on magazine and community writing.

Alcohol. Safer Party says to avoid it [21], Know Your Stuff NZ says it substantially adds to stimulant-style effects [17], and the HSE calls the results unpredictable [30].

Cannabis. The TripSit chart, PsychonautWiki, the Alcohol and Drug Foundation, Safer Party, Know Your Stuff NZ and Drug Science all warn of unexpectedly strong and unpredictable effects, with anxiety, paranoia and panic [2][5][21][17][18][26].

Stimulants, MAO inhibitors, antidepressants, lithium and tramadol are covered under Medications above. Other psychedelics bring an unpredictable synergy and a higher chance of overdose or an emergency [2][30][17][18]. Dissociatives and nitrous oxide add confusion and hallucinations, and nitrous can cause rapid ego dissolution and compulsive redosing [2].

Addiction and Misuse

Physical dependence. Erowid says there is none [1], the Alcohol and Drug Foundation says withdrawal is not like other drugs and information is limited [5], and the HSE does not expect it [30]. PsychonautWiki calls 2C-B non-addictive with low abuse potential [2], Drug Science rates it low [18], and a 1996 article says regular use may bring psychological dependence without physical addiction [8]. The DEA's finding of high abuse potential is the legal basis for Schedule I and is not a clinical measurement [22].

Tolerance. Erowid and the Alcohol and Drug Foundation say tolerance builds within days of repeated use and is largely avoided by waiting 5 to 7 days or more between uses [1][5]. PsychonautWiki says it builds slowly even with daily use [2], so the sources disagree. Cross-tolerance with other serotonergic psychedelics is thought to run one way, with LSD lowering the effect of 2C-B and not the reverse, and reports vary [2].

Addiction and misuse are different things. In plain words, addiction is a compulsion to keep using despite harm, usually with changes in the brain's reward system and often withdrawal. Misuse is use that causes harm or goes beyond what was intended, without that compulsion. The first is not common with 2C-B, and the second can happen with any substance. The psychosis case above came from a person seen for hallucinogen misuse, and he did not meet the picture of classic dependence [31].

One review cites 8 percent of an Australian sample of users of new psychoactive drugs reporting 2C-B, and says 2C-B was the most used drug in a Spanish sample of 230 research chemical users [24]. The share of Spanish drug samples containing 2C-B roughly doubled from 2006 to 2009 [14]. The Safer Party service advises keeping psychedelic experiences rare [21].

Testing and Purity

What Is Really in the Pill or Powder

Dutch drug checking in 2022 found that about 80 percent of samples sold as 2C-B held one or more other substances, caffeine among them [44]. Spanish samples from 2006 to 2009 showed few fakes [14]. The countries and years differ, so the two sets of data cannot be set against each other.

2C-B is often mis-sold. The DEA reports it sold as MDMA and as LSD [3][22]. Swiss drug checking warned of 2C-B sold as MDMA in Geneva on 3/5/2026 and 3/9/2026, of ketamine and MDMA sold as 2C-B in Biel on 1/7/2026, and of 2C-E sold as DOC in Zurich on 12/5/2025 [21]. High Alert in New Zealand reported 2C-B sold as MDMA in Dunedin in 2024 [19], and a pinkish or purple powder there [19]. A pink powder sold as 2C-B in Australia held ketamine, MDMA and cocaine [45]. A Spanish analysis of 470 samples sold as tusi or "pink cocaine" found 2C-B in only a small share, with ketamine and MDMA the main contents [46], and a laboratory sample submitted as 2C-B in 2023 held MDMA [47]. It is also found as an adulterant in MDMA tablets [24]. The Swiss service says 2C-B is not empathogenic and is hallucinogenic even in small amounts [21].

Test Kits

Marquis reagent turns yellow to green with 2C-B, Mecke yellow to brown, Liebermann yellow then black and Froehde yellow. Mandelin and Simon's give no reaction [48]. 2C-I gives the same Marquis result, so a reagent cannot tell similar 2C compounds apart [18]. A reagent can show the expected color and miss a dangerous additive, so more than one test is recommended [48]. Reagents give no purity and no amount [20][48].

Fentanyl strips are a precaution that harm reduction groups recommend for pills and powders [43][9].

Preparation and Integration

Before

Set and setting come first: a steady state of mind, a calm and familiar place and people you trust [20][30][21][17][18]. A sober sitter is advised [20][21][18][43], and no one should use it alone [30]. Review your medicines and health against the Contraindications section, and talk with a psychedelic-informed physician. Test what you hold [20][17][43][19].

Eat beforehand and during, since appetite is low, and drink in moderation, because overhydration is a risk [20][21]. Avoid heat and hard exertion [2][43]. Plan a retreat room [20], plan not to drive, and stay away from heights, roads and water [30]. Libido rises, so talk about consent and boundaries ahead of time [17]. Go slowly, and avoid redosing out of impatience [20][21][18][26]. Leave the next day free for rest [21].

After

If someone struggles during the experience, the Zendo Project advises checking whether they want help, guiding and not directing, moving to a calmer place, asking before you touch, calling for outside help in a medical emergency or serious mental health episode, and looking after yourself as the helper. Afterward, stay with the person and help them make sense of it [49].

If strange perceptions or low mood last, speak with a non-judgemental health professional [20]. Fireside Project and the Zendo Project offer support after a psychedelic experience.

If You Need Help Now

In a medical emergency, call 911. If you are in emotional crisis, you can call or text 988. Fireside Project has trained volunteers who talk with you by phone or text during and after a psychedelic experience, and DanceSafe sells kits for testing what you hold.

Warning Signs

Call emergency services for a very fast or irregular heartbeat, severe distress, confusion or panic, a danger to yourself or others, a high temperature that will not come down, or thoughts of suicide. Stay with the person, say exactly what was taken and keep what is left for the medics [30]. In New Zealand, extreme agitation, anxiety, paranoia or mania lasting over 15 minutes, distressing hallucinations, a racing heart and tremors, convulsions or seizures are named as reasons to call [19].

Serotonin syndrome shows as agitation or confusion, a fast heart rate, high blood pressure, high temperature, heavy sweating, tremor, muscle jerking or stiffness and overactive reflexes. It can start within hours and needs immediate medical review, with cooling and fluids [50]. The 2019 case met these signs [23]. Seizures and overheating are emergencies [23][30][29].

Panic or paranoia that does not settle, or psychosis that continues after the drug should have worn off, needs medical or psychiatric care [24][31]. Overhydration (confusion, headache, nausea after drinking a great deal of water) and, with a mixed product, chest pain, shortness of breath and overheating are also warning signs [20][45]. Hospital tests can miss 2C-B, so tell responders what was taken and bring the product [23][29].

Where to Find More Information and Support

Amounts, timing and combinations are best checked against these sources and with a medical provider, because they are updated more often than this sheet. Erowid, TripSit and PsychonautWiki include user reports and community writing, so read them as experience as well as research.

Erowid: https://erowid.org

DanceSafe: https://dancesafe.org

TripSit: https://tripsit.me

PsychonautWiki: https://psychonautwiki.org

Zendo Project: https://zendoproject.org

Fireside Project: https://firesideproject.org

MAPS: https://maps.org

Poison Help: 1-800-222-1222

Mailing Lists

Erowid Monthly, a free email list: https://www.erowid.org/about/about_announcements.shtml

Erowid Extracts, the members' newsletter: https://erowid.org/membership/

MAPS email newsletter: sign up at https://maps.org

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