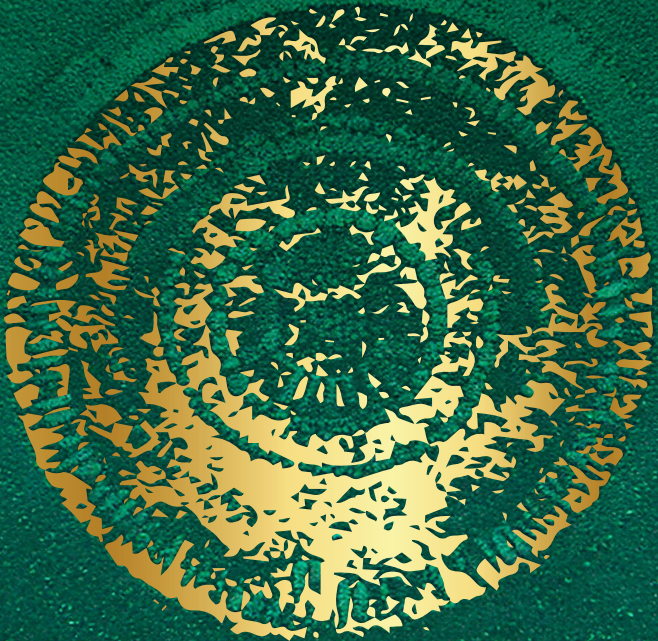


**2C-B**

**ALSO CALLED  
VITAMIN B IN STORE  
A COMPREHENSIVE  
OVERVIEW**



# INTRODUCTION

**2C-B** (4-Bromo-2,5-dimethoxyphenethylamine) is a synthetic psychedelic compound in the 2C family, originally synthesized by chemist Alexander Shulgin in the 1970s. It occupies a unique position between classical psychedelics (e.g., LSD, psilocybin) and entactogens (e.g., MDMA), offering a balanced blend of visual stimulation, emotional openness, and tactile enhancement. Its relatively short duration (4–8 hours) and controllable intensity make it attractive for both recreational and therapeutic use. Effects are highly dependent on dose, set, and setting.

## PHARMACOLOGICAL PROFILE AND EFFECTS

### Primary Effects:

- **Visual enhancement:** Color intensification, mild morphing, and geometric patterns.
- **Tactile sensitivity:** Enhanced physical sensations; often described as euphoric or sensual.
- **Emotional openness:** Increased empathy, introspection, and interpersonal connection.
- **Euphoria:** Often MDMA-like at moderate doses.
- **Sensory integration:** Music, textures, and movement become more immersive.

### Cognitive Profile:

- **Clearer and more grounded** than LSD.
- **Capable of producing insights** without overwhelming ego dissolution.
- **Can support emotional processing** and creative thinking.

### Duration & Onset:

- **Effects begin within 45–90 minutes** after oral ingestion.
- **Total duration typically 4–8 hours.**

# DOSAGE GUIDELINES

Dose	Description	Common Effects
10mg	Light	Gentle body high, vivid colors, minor pattern movement, mild euphoria. Good introductory dose.
15mg	Moderate	Noticeable visuals, emotional connection, music enhancement, body buzz. Often social and MDMA-like.
20mg	Strong	Full psychedelic effects, altered perception, emotional depth, possible anxiety if not well-prepared.
25mg	Heavy	Intense hallucinations, ego softening, deep emotional release, potential nausea or looping thoughts. Suitable only for experienced users.



# PREPARATION & CONSUMPTION

## Best Practices:

- **Timing:** Morning or early afternoon recommended.
- **Stomach:** Consume on an empty or lightly nourished stomach for smoother onset.
- **Hydration:** Stay hydrated, but avoid overhydration prior to ingestion.
- **Avoid:** Alcohol, cannabis, or other substances unless experienced.

## Set & Setting:

- **Set (Mindset):** Clarify your intention—healing, exploration, creativity, intimacy.
- **Setting:** Safe, comfortable, and inspiring space—home, nature, or guided retreat.
- **Preparation:** Bring water, music, cozy layers, grounding tools, and a journal.
- **Support:** First-time users should consider having a sober trip-sitter present.

## Aftercare:

- **Allow time for rest and reflection.**
- **Journaling and gentle integration practices are recommended.**

# 2C-B IN COMBINATION

## WITH MDMA – THE SOFT LANDING

Combining 2C-B with MDMA enhances the emotional and visual aspects of both substances. The typical approach involves:

- Step 1: Take 120 mg of MDMA (clear capsule).
- Step 2: After 60–90 minutes, take 25 mg of 2C-B.

MDMA leads with emotional warmth and connection, while 2C-B prolongs and intensifies the experience with vibrant visuals and bodily euphoria. This synergy can help ease the MDMA comedown and create a deeply connected, multi-sensory state. Be aware of the cardiovascular load—both substances elevate heart rate and blood pressure.

## WITH PSILOCYBIN

This combination significantly amplifies introspection, visuals, and emotional depth. Users often report:

- Highly animated visuals
- Deep psychological material surfacing
- Potential for profound spiritual insight

Due to its intensity and unpredictability, this pairing is best approached in a therapeutic or supported environment, with low initial doses of both substances.

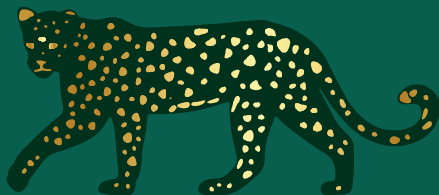
# POTENTIAL BENEFITS (CONTEXT-DEPENDENT)

- Emotional release and healing (especially in therapeutic settings)
- Creative flow and insight
- Conscious sensuality and intimacy
- Trauma exploration with containment
- Shorter and more predictable duration than other psychedelics

## FINAL THOUGHTS

2C-B is a versatile psychoactive substance that offers a unique blend of sensory, emotional, and cognitive effects. Whether used solo or in thoughtful combination with MDMA or psilocybin, it opens a distinct channel into psychedelic experience. As with all such compounds, careful attention to dosage, intention, and environment is crucial.

**Explore consciously.  
Respect the medicine.  
Integrate the journey.**



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