First I appologize for not being able to be particularly scientific here. You see, it’s been a sort of harrowing ride. I only hope that the editors that be will overlook my lack of science and tell my story just the same, as I think it may benefit some (feel free to edit if that gets my story out there).

I started GBL because I needed sleep. I was up commuting and working 16 hours a day. When I finally got home, I could not wind down. I started drinking Jack Daniels and Coke - about 2 to 3 drinks, before bed. This was ok, but even then I would have the shakes the next morning. I searched the internet, and found a product called Renewtrient - GBL - 1.82g per oz.. I thought, ‘Wow!, this stuff is awesome.’ I thought I’d been reborn. Sleep was no longer a problem. I was estatic.

Over the next 3 months, I graduated from Renewtrient to a stronger product - one containing 2.25g GBL/oz.. I started taking it in the car on my commutes - it took the stress out my 100 mile drive and my 20 mile sub-way ride. I took it at work.

I graduated from the 2.25g/oz. to a product containing 3g GBL/oz. I was hooked. If I stopped getting my regular 15 to 25 grams of GBL per day I was in deep trouble. When the effects wore off, I became like an advanced Parkinson’s Disease patient. I had much *less* than no fine motor control. I was like an animation that skipped 4 or 5 pictures between movements (this is, unfortunately, no exageration). If I smoked a cigarette - a dopamine stimulate - I could hardly walk.

I know now, that my problems were caused by the heavy build up of dopamine that results from taking too much GBL - you sleep so deeply that the normal re-charge of dopamine is exaggerated beyond your body’s ability to cope. And I firmly believe that this is, in the pathetic words of who ever that infamous happy home-maker is (who’s name I can’t, at the moment remember), ‘a good thing.’ But I just wish there would have been some sort of warning about this aspect. I guess I shouldn’t be too upset over it though - phenalalanine, the over-the-counter supplement, comes with no more warning than a suggested daily dosage.

Bottom line is, this stuff is great (GBL). But if you take it, take the recommended dosage seriously - 5 days on, 2 days off at (and here’s the kicker, depending on your constitution) 1.82g/oz. of the active ingredient, GBL. And get some exercise!

I have not had any GBL in about 3 months (can’t afford it), and I’m still feeling the effects -
intense neck tension (dopaminergic stimulation in the basal ganglia) and mild Parkinson’s like symptoms (too little dopaminergic stimulation in the frontal lobe) after smoking a cigarette (some may criticize this article by noting that dopamine stimulation should curb Parkinson’s symptoms. However, in human biological systems, ‘too much of a good thing’ often leads to the opposite of that which it’s indicated for).

Thanks for listening. Hope I help.