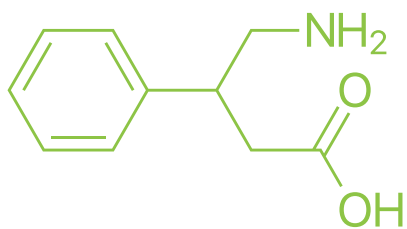


# ALL ABOUT PHENIBUT

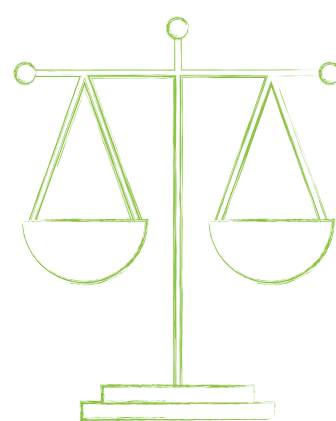


## WHAT IS IT?

Phenibut is a central nervous system depressant developed in the 1960s by the Soviet Union to treat anxiety. It works by mimicking GABA, a naturally produced neurotransmitter that slows down activity in the nervous system.

## IS IT LEGAL?

Phenibut is technically legal to consume in the United States, but it's not FDA-approved. This means doctors may not prescribe it, and manufacturers may not market it as a health supplement.



## ARE THERE SIDE EFFECTS?

Phenibut has a number of side effects. The most common are dizziness, nausea, fatigue, poor balance, and an "electric shock" feelings in arms and legs.

## IS IT ADDICTIVE?

Yes, Phenibut can be both physically addictive. Common withdrawal symptoms include psychosis, agitation, hallucinations, seizures, nausea and vomiting. As a nootropic, or "study drug," it can also be emotionally addictive.



## WHY DO PEOPLE USE IT?

People typically use Phenibut to relieve anxiety. Some use it to get high, and others believe it improves concentration. In all of these cases, Phenibut can become addictive.

## GETTING HELP FOR ANXIETY

If you suffer from anxiety, it is important to get the help you need. Making an appointment with a mental health specialist for a referral to a psychiatrist is the best way to learn if you need medication. [Read our full article](#) for more resources that help with anxiety.



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