

If you use Spice products, it's your own decision to do so. But you should know some things:

DID YOU KNOW ...,

that very few young adults use such substances?

that they are manufactured by chemical companies without regulation or control?

that synthetic cannabinoids are not legal in most European countries?

that many of the synthetic cannabinoids are much more potent (and more toxic) than THC?

that synthetic cannabinoids can cause e.g., psychotic episodes, panic attacks, increased heart rates, raised blood pressure, vomiting, convulsions and may damage organs?

that the synthetic cannabinoids contained in Spice products are completely different from the THC molecule?

that these cannabinoids have not been tested in human studies?

that these substances have a high potential to cause poisonings?

that the use of synthetic cannabinoids can be detected in blood, urine and hair samples by specialised labs?

IF YOU STILL WANT TO USE SPICE PRODUCTS:

- Keep in mind that the same brand might have totally different effects and side effects
- Always be prepared for unexpected effects
- Have a person with you who doesn't use (never use alone)
- Never smoke and drive
- Learn all you can about new substances before use
- Use low dosage
- Avoid experimenting with any drug if you suffer from a physical or mental condition
- Avoid use of any drug if you are pregnant

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