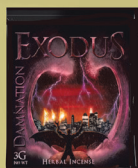




**INCLUDES INFORMATION ABOUT SPICE &
CHANGES TO THE MISUSE OF DRUGS ACT**



OLD SPICE

Spice, Clockwork Orange, Psyclone, Exodus Damnation, Black Mamba ... these and many others were brand names printed on packets that contained chopped up plants.

These plants don't get you high, however, they are sprayed with chemicals that do.

These chemicals are called **synthetic cannabinoids**. There are hundreds of different synthetic cannabinoids.

One of the first brands on sale was called '*Spice*'. This is now used as a street name for any of these products.

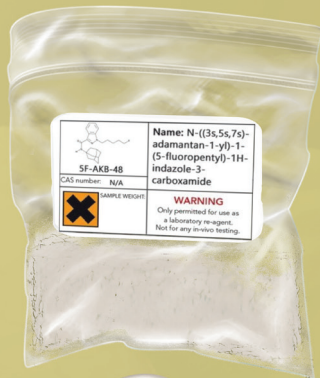
Spice may still come in branded packets or as a C-liquids (to go in vaporisers) or as a powder, but is now more commonly sold in clear plastic snap bags containing plants coated in one or more synthetic cannabinoid.

Spice has gone from being sold as a 'legal' substitute to cannabis, to a much more potent and dangerous drug used mainly by homeless people and prisoners.

The government have introduced numerous laws since 2009 trying (and failing) to control Spice. They have now probably succeeded in making them all illegal.

To put it simply ... All known types of synthetic cannabinoids are now (probably) class B drugs and are illegal to possess, supply etc.

(See page 11 for more information on Spice and the law)



LOST
IN
SPICE

STRONG SPICE

The cannabis plant contains chemicals called *cannabinoids*. The main one that gets you high is *THC*.

When you smoke cannabis the THC stimulates special areas of your brain (called *cannabinoid receptors*). Depending on how much you smoke, this leads to you to feeling ... *stoned, blazed, wasted, totally F.U.B.A.R.*

Synthetic cannabinoids are man made chemicals. They are quite different to THC but they stimulate the same areas in your brain. In fact some are much better at stimulating your brain than THC. This is why the effects of Spice can be quite different to cannabis and much stronger (up to 800 times).

Some synthetic cannabinoids are much stronger than others. The potency of different Spice packets also depends on the amount of chemical sprayed onto the plants.

Spice has an effect in very small doses. Much smaller amounts will get you high than even the strongest 'skunk-weed' types of cannabis.

The biggest mistake first time Spice users make, is using too much.

If you are using *herbal Spice*, a pinch the size of a match head is enough to get you very high.

It is very easy to use too much if you are using *Spice powder* sprinkled onto tobacco. If you are buying herbal Spice in a snap bag from a dealer or friend it is impossible to know what is in it or how potent it will be. The chemical will not be evenly distributed, so some bits of this mix may be much stronger than others.

C-liquid should never be used 'neat'. Start with a tiny drop mixed with e-liquid to see how potent it is.

F.U.B.A.R

*A herbal incense that will get you confused
if not down right confuckinfuzzled*



SPICE CAN KILL



HARMFUL

NOT FOR HUMAN
CONSUMPTION

LINNELL RESEARCH CHEMICALS



NOT FOR SALE
18 AND OVER ONLY

SCARY SPICE

The effects of Spice start within seconds of smoking it. The effects vary depending on which type you use and how much you smoke.

For new users, with large doses or stronger types, the effects can be overpowering.

You may feel numb in your arms and legs; lose your balance or collapse; you may get cramps; might vomit; may sweat; a nasty rash may develop and you may feel like bugs are crawling under your skin.

Your chest will feel tight and you may have trouble breathing. Your heart races and may beat erratically.

You will be confused if not down right confuckinfuzzled as you try and work out what, where and who you are.

At high doses Spice can cause frightening visions or hallucinations. It can take you to what feels like a different reality, almost the same as this one, but a lot more scary. The mental effects together with the physical effects can cause panic.

Thankfully, the scary stuff doesn't usually last more than half an hour before more cannabis like effects waft over you. You will usually feel straight (sometimes suddenly) within an hour provided you don't smoke any more.

However, plenty of people have ended up in hospital as a result of using Spice. Spice is highly toxic* and is without doubt, far more dangerous than good old-fashioned cannabis.

24 people died in 2018 after using Spice.

* Synthetic cannabinoids may cause muscle breakdown, both high and low blood pressure, acute kidney injury, seizures, heart attack, low potassium levels and might even trigger serotonin syndrome.

ZOMBIE APOCALYPSE



Spice is very addictive
Long term risks are not known



NOT FOR HUMAN
CONSUMPTION



LOST
IN
SPICE

SPICE ZOMBIES

Those not put off by their first experience may soon notice that Spice starts to feel more ‘*cannabis like*’ when used regularly.

You may start to use more to try and get the same effect, in fact Spice can be very, very moreish.

Most people now say Spice is far more habit forming than real cannabis.

A Spice habit can develop very quickly. You may start to smoke it all day, then get up in the middle of the night to smoke more. You may get agitated if you don’t have any spice.

Friends may notice that you stumble around looking like a pink eyed zombie. They may notice changes in your behaviour.

Some can stop using Spice without any bother, while others find it very difficult. They may sweat a lot, have trouble sleeping and have intense cravings for Spice if they stop.

Some people try going back to cannabis, but after using Spice the effects of cannabis can seem mild.

Like real cannabis, Spice may trigger mental illness (*psychosis*) in some people. Particularly those who have had mental health problems or have a history of it in the family.

We know next to nothing about the long-term effects of Spice, as nobody has ever used it for a long time. Those using it for three, four, five years are the guinea pigs for our understanding of the long-term risks.

SPICE LAWS

HERBAL INCENSE



Spice is now illegal to possess



NOT FOR HUMAN
CONSUMPTION

18

NOT FOR SALE
TO ANYONE UNDER 18

LOST
IN
SPICE

SPICE LAWS

The synthetic cannabinoid contained in the original 'Spice' brand (*JWH-018*) was made illegal in 2009. But 'legal high' producers just made Spice with other 'legal' synthetic cannabinoids such as *AM-2201*.

AM-2201 was found in the brand named *Black Mamba*. These *new synthetic cannabinoids* were even stronger than those they had banned.

In 2013 the government tried again and banned *AM-2201* along with a long list of other synthetic cannabinoids. Can you guess what happened?

Those naughty 'legal high' producers made Spice using other synthetic cannabinoids (such as *5F AKB-48*). These chemicals were still legal – Doh!

The government were so cross with those naughty legal high producers that in April 2016 they brought in

a new law called **The Psychoactive Substances Act**. This law made it an offence to sell anything that can get you high ... crikey!

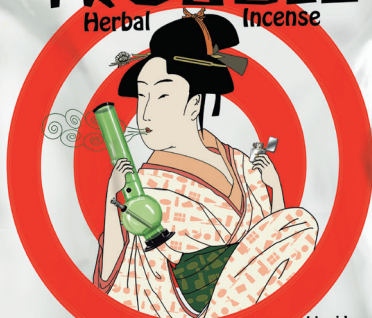
Finally, in December 2016 the *Misuse of Drugs Act* was amended again. This amendment (probably) means that at the third time of trying all of the synthetic cannabinoids are now controlled by the *Misuse of Drugs Act*.

To put it simply ... All known types of Spice are now (probably) class B drugs and are illegal to possess, supply etc.

If the police catch you with Spice, you will probably be arrested. The police will now rightly assume it contains a synthetic cannabinoid controlled by the *Misuse of Drugs Act*.

URINE TROUBLE

Herbal Incense



There are tests for some synthetic cannabinoids and
new laws have been introduced in prison



NOT FOR HUMAN
CONSUMPTION

18

NOT FOR SALE
TO ANYONE UNDER 18

LOST
IN
SPICE

SPICE TESTING & PRISONS

Possession of Spice in prison, (*young offender or removal centre etc.*) or of any other psychoactive substance has been an offence under the *Psychoactive Substances Act* since April 2016.

Since December 2016 when the *Misuse of Drugs Act* was amended, any form of Spice is treated the same as other class B drugs such as cannabis.

Anyone caught taking Spice in through visits is committing an offence.

There are also plans to introduce more security measures including training sniffer dogs to detect Spice.

You won't test positive in a **drug test** for real cannabis if you smoke Spice, but there are tests available for the chemicals (*synthetic cannabinoids*) in Spice.

Because there are so many synthetic cannabinoids not all of them will be picked up by existing drug tests. It is also difficult to know how long after you have smoked Spice that they can be detected in tests.

New prison rules also allow for *Mandatory Drug Testing* of drugs that are not controlled by the *Misuse of Drugs Act* such as *pregablin*.

It is an offence to drive a car while intoxicated with any drug or substance.

SPICED AGIN!

Herbal Incense



**FREE & CONFIDENTIAL
HELP & ADVICE IS AVAILABLE**



**NOT FOR HUMAN
CONSUMPTION**



SPICE ADVICE

- Always start a new batch of Spice with a tiny (match head size) test dose.
- It is easier to control your dosage and avoid overdose if you smoke Spice mixed with tobacco.
- Avoid smoking Spice neat or in a bong or pipe.
- Never use C-liquids neat. Use one drop mixed with a barrel full of e-liquid to test potency.
- Be very careful if using Spice powder. Remember the old drug users saying '*You can always take more, but you can never take less*'.
You can always take more, but you can never take less'.
- It's best to smoke sitting as you may fall over or pass out.
- Spice effects can be frightening, particularly for new users.
Don't panic – it won't last forever.
- If you can avoid it, don't use alone.
- If you or a friend experiences severe vomiting, breathing difficulties, seizures or any other serious symptoms – ring for an ambulance.
- If somebody is unconscious and you can't wake them, lay them on their tummy (*the recovery position*) to stop them choking on their own vomit (see below) – then call for help.



If you feel your use of Spice is getting out of hand or you are having trouble stopping – confidential help and advice is available.

[>] aims
To highlight the law and the known risks and raise the main health and safety and legal issues around the use of synthetic cannabinoids.

[>] audience
Young people, adults and prisoners at risk of or engaged in the use of synthetic cannabinoids.
Use with under 16s with support.

[v] content
Some swearing.

[£] funding
Pilot funded by Public Health Salford.



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Product code: LH4 | Fourth edition | January 2019

Published by: Exchange Supplies, 1 Great Western Industrial Centre, Dorchester, Dorset DT1 1RD.
Text, design and illustrations: Michael Linnell.

At the time of writing the legal information in this booklet is correct
– search for LH4 on the Exchange Supplies website for version information, and updates.