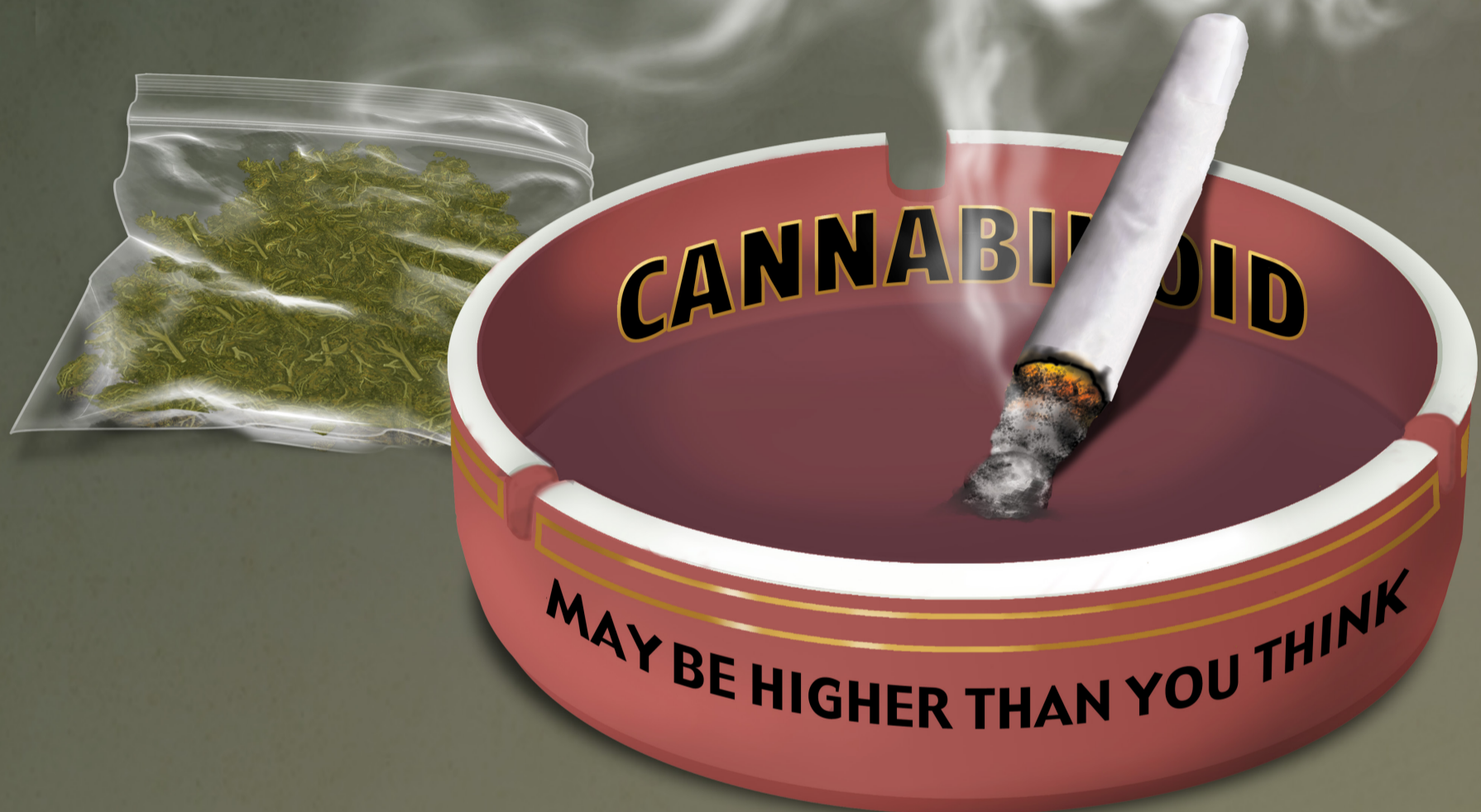


Do you know what you are taking?

the strength
of your



The strength of your cannabinoid may be higher than you think.

Synthetic Cannabinoids ('Spice'):

The strength of your cannabinoid may be higher than you think

Synthetic cannabinoids can mimic the effects of cannabis and can cause extreme agitation and aggression

It's safer not to use but if you do remember:

- Avoid mixing with alcohol and other drugs as this increases the risk of unwanted side effects
- The psychoactive effects of smoking a pre-packaged synthetic cannabinoid mixture vary considerably
- Avoid blends containing a mix of chemicals as it's harder to regulate intake and easy to take too much
- Stay well hydrated by drinking non-alcoholic drinks
- When buying always know your source

Stay safe:

- Stay with trusted friends
- Avoid risky situations
- Don't use in unfamiliar surroundings
- Test dose a new batch. Begin with a small amount and wait at least 30 minutes for effect before re-dosing
- When smoking in a pipe use a small glass or steel pipe which give off less fumes.
- Don't use bongs as it is easy to take too much
- Be careful with using from the "bottom of the bag" as it can be potent
- Smoke in a joint using thinnest papers

Look after yourself:

- Eat properly
- Have regular sleep after sessions
- Wait 4 weeks between sessions

Cannabinoids can cause serious physical and psychological unwanted side effects.

If you have physical or mental health problems such as epilepsy, heart problems, asthma, depression, panic or anxiety attacks use is more risky. You are advised not to use.

It's always safer not to use illegal drugs.