



THC and Spice: Know the difference?

Spice

- Made in a lab (not from cannabis plant)
- Any colour
- £5-15 for a small bottle
- Unpredictable effects: feeling really sleepy, hallucinations, memory loss



Real THC

- Comes from cannabis plant
- Yellow/green - clear
- More expensive (£25 or more for a small bottle)
- Often sold in disposable vapes ("cali pens")
- Effects are similar to cannabis

Dealers are selling vapes with Spice (and other drugs) and calling it THC. There's no way to be completely sure what you're getting.

Risks

Spice	Real THC
• Seizures • Overdose (heart attack or coma)	• Throwing up • Hurting yourself while high • Mental health challenges • Problems with concentration and motivation
• Hallucinations • Throwing up • Mental health challenges • Memory loss • Addiction	

If you want support with THC or Spice...

SPACE is a confidential service where you can talk about your vaping.

We know it can be hard to ask for help.

We won't tell you what to do - we'll give you information and help you make choices.

Call or text us, or show this leaflet to an adult you trust.

  **07483 367805**

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