

Herbal? Nonsense.

It comes in one and three-gram packs. It has catchy names. It's ground up leaves, flowers and stems. It's sold behind head shop counters, in convenience stores and over the Internet. Users put it in a pipe or roll it into a cigarette and inhale it – and they think it's safe.

On the Internet, in convenience stores, gas stations and head shops, products calling themselves herbal incense are being bought and smoked by people looking for a safe, legal way to get high. What these people find is not what they are looking for.

The ingredients listed on these “incense packs” are seemingly harmless blends of common plants like lotus blossoms and mugwort. But the listed ingredients are



not all that is in the mix. The dried up, crumbled plant matter is laced with synthetic laboratory chemicals purposely formulated to mimic the effects of THC, the active ingredient in marijuana.

The chemicals have names like JWH-018 and CP 47,497. Most of them work by tricking your brain into thinking it is exposed to THC. These are called cannabinoid receptor agonists because of the part of the brain they activate. At least one of these chemicals, HU-210, is not an agonist – it is a synthetic cannabinoid that is so similar to THC that it is actually illegal. You do not know when you're ingesting it and it does show up on drug tests.



For More Information

Go to www.intheknowzone.com for an extension of this pamphlet.

Increase your knowledge using the information, statistics, images, and links.

Test your understanding with a quick quiz.



Don't stay in the dark.

Get In the Know!

Herbal Incense

fake marijuana



in the know

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are safe. These are mainly untested chemicals with unknown toxicity, addiction potential, long-term effects and allergic reactions. In other words, unknown danger.

People who smoke this junk are literally making themselves into science experiments. There is no way of knowing which of these experimental chemicals you're taking: the company won't tell you and tests have shown three different chemicals in three different samples. *Each batch was different.*

This is bad news not only because the smoker can't count on getting the same mixture twice in a row – increasing the chance of a bad reaction – but also because at least one of the active chemicals shows up on drug tests. HU-210 is as illegal as any other illicit drug and it *does* show up on marijuana tests. Anyone who thinks they can get high and escape drug tests is in for a rude awakening.

poison



Deceptive Packaging

Because they're sold as incense, products like Spice, G-Four, K2 and Mojo don't have to list all of their ingredients. And the ingredients they don't list are not only potentially dangerous; some of them can get you in trouble with the law.

Think about it: why would these companies keep the mind-altering ingredients in their products secret? They're a wolf in sheep's clothing, and if it hadn't been for independent chemical testing we might still have the wool pulled over our eyes.

Spice, sold as an 'herbal smoking mixture' (while clearly marked on the package as not for human consumption), was the subject of a forensic chemical investigation. The effects of the drug – a longer-lasting, more powerful, marijuana-like high – were too powerful to be caused by the listed ingredients. Testing discovered the truth: it was laced with HU-210, the illegal laboratory created cannabinoid.

Guinea Pig You

HU-210, like the other chemical agents used in these 'smoking mixtures', is a research chemical. Do not make the mistake of thinking that these chemicals

More Than Bargained For

They sell it all over, how strong could it be?

The answer is, too strong.

If you're thinking about trying any of these herbal incenses because you think they might be safer or less potent than marijuana, think again. Marijuana users who switch to these mixtures because of probation, occupational drug testing or as a way to try to quit using marijuana describe it as being stronger, longer lasting and having more negative effects.

Users report greater:

- Anxiety Discomfort
- Nausea Confusion
- Paranoia Desire for the feeling to end

Just as Dangerous as THC

What research has been done on these herbal smoking mixtures show that they have all the same negative consequences as smoking marijuana but, because they are more pure, the effects are amplified. Both marijuana and these synthetic chemicals negatively affect:

- Short-term memory Emotional stability
- Motivation Learning
- Reasoning ability Stamina

Smoking And Your Health

Inhaling burning plant matter means you're sucking down carbon monoxide – that's the stuff that makes car exhaust poisonous. Yes, you are inhaling poison. Yes, it is bad for you. It's not 'cool' it's not 'risk-taking.' Carbon monoxide poisons you by stopping your blood's ability to carry oxygen. You're hanging yourself without a noose.

If that's not enough, think about the other effects of smoking: lung cancer, heart attacks, strokes, impotence and narrowing of the blood vessels. And then there's Smoker's Face.

Every puff a smoker takes moves them closer to the set of attributes that doctors call Smoker's Face. Lines. Wrinkles. Yellowing, sallow, crinkly skin. Yellowed teeth. Essentially, smokers are aging their face noticeably. You can see this for yourself: guess the ages of people that you see smoking and people that do not smoke, then ask them how old they are. You'll be surprised at the difference.

illegal

The Bottom Line

The fact is that these herbal incenses and smoking mixtures are **not herbal, not safe** and, in some cases, **not legal**. It's not safer than marijuana, can show up on drug tests and lawmakers are working to make them illegal in the United States just like they are in the military, Austria, Chile, Germany, France, Latvia, Estonia, Poland, Russia and South Korea.

