**WHAT IS SPICE?**

Numerous brands of Spice are marketed as incense and are generally comprised of a Central American shrub known as Damiana. (1)

- Damiana is an inert substance having no psychoactive effects. (1)
- Damiana has been traditionally used as an aphrodisiac and a mild anti-depressant. (1)
- Any felt effects as a result of ingesting Damiana is likely due to the plant being mixed with a secondary psychoactive substance. (1)

**WHY SHOULD I BE WORRIED?**

Spice is clearly marked “not for human consumption” on packaging.

- The type and potency of added ingredients are not known or monitored outside the manufacture, unless expensive testing is performed.
- Despite clear manufacture warnings, smoking Spice has become increasingly popular and has been found to produce a marijuana (THC) like high. (4)

**Use of Spice can have unknown or unexpected side effects.**

- Use will impair mental abilities related to judgment, time and distance, divided attention (multi tasking), and reaction.
- Users have reported Spice causing extreme anxiety and panic attacks. (6)
- Panic attacks were reported to be prolonged in nature and recurred hours, days, and weeks after high dissipated. (6)
- Panic attacks and recurring “bad trips” are common side effects of harder street drugs like LSD and meth.

**Spice is “legal” marijuana.**

- Despite Spice possessing the same psychoactive abilities as marijuana, no state regulations exist regarding possession, use, and distribution.
- Spice can be legally purchased in tobacco shops and convenience stores without age restriction.

**REFERENCES,**

4- http://www.CPG.uni-freiburg.de/aktuelles/pub/mueller_spice_jms
7- http://www.drugfree.org/files/

**WHAT SHOULD BE DONE TO REDUCE USE?**

- Ban use, possession, and distribution of incense, or other substance, which can produce a cannabis like high.

**HISTORICALLY CONSUMPTION RATES INCREASE BASED ON AVAILABILITY.**

- Alcohol is the number one substance abused by teens. (7)
- The adolescent brain is more susceptible to impairment and addiction than the adult brain.
- An adolescent can become impaired and addicted faster, and at lower amounts, than an adult.
- The more available Spice is to a teen, the more the teenager will use Spice.
- Adolescent use of Spice can result in impairment, early addiction, and possible psychosis.
- Brain changes due to the developing nature of the adolescent brain will be present throughout life.