

# TINCTURES, SPRAYS, PILLS & CAPSULES



These products **lack strict regulation** from government agencies & manufacturing, making their **contents very uncertain**.


## What is THC?

The active ingredient in cannabis that causes the user to feel "high" when taken.

## REFUSAL SKILL:

"I don't like to use cannabis because it causes irregular heart beats."

## LEARN THE FACTS:

 Typically, the effects of tinctures last about **4 hours**.

Effects of using tinctures can be felt in about **15 minutes** or so.

The THC and/or CBD is/are **absorbed through the mucus membrane** in the mouth or gastrointestinal system.

9 in 10 people who struggle with addiction started when they were teens.



## What is a Tincture/Spray/Pill/Capsule?



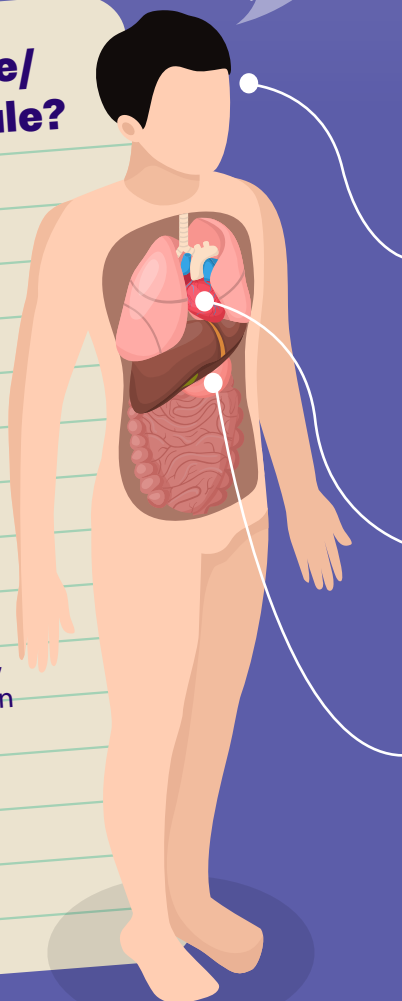
### TINCTURES & SPRAYS:

Oil or alcohol-based liquids which contain cannabis.



### PILLS & CAPSULES:

Pills & capsules contain cannabis, usually floating in an oil.



## HEALTH CONCERNS

### THE BRAIN

- » May increase the risk of **schizophrenia, depression, & anxiety**.
- » Can lead to impaired learning, memory, & impulse control.
- » **Can have hallucinogenic & other effects** in the body.

### THE HEART

- » **Increases heart rate by 20-50 BPM**.
- » Can **increase blood pressure, decrease heart function, & cause irregular heart beats**.

### THE STOMACH

- » Large doses of THC can cause nausea & intense stomach pains.



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