

National Institute on Drug Abuse (NIDA) Spice (K2) Facts



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Spice (K2) Facts



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Spice is an illegal drug. People make it by spraying chemicals onto shredded, dried plant materials. They also can make it a liquid.

Some of the chemicals are similar to the ones in the marijuana plant. This is why people call it "fake weed." It is important to know that Spice is *not* the same as marijuana. Spice may affect your brain more strongly than marijuana. You can't predict what will happen when you take Spice. The effects can be very serious and can even cause death.

People usually smoke Spice. Some people use a liquid form to vape (like in e-cigarettes) or they put it in a drink. Others burn the liquid and use it as incense.

Some names of other similar products are:

- K2
- Black Mamba
- Herbal Incense
- Joker
- Kush
- Skunk

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Signs of Spice Use

The chemicals used in Spice can change from batch to batch. This means how the drug makes you feel can change too. Spice can make you happy or relaxed at first. But then you can start feeling really nervous, confused, or like you might throw up. Your heart beats fast. You might see, feel, or hear things that aren't there. You can start to feel afraid or angry. You may think about ending your life.

NEXT: [Effects of Spice on Brains and Bodies](#)

Effects of Spice on Brains and Bodies



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When the high from Spice wears off, you can have headaches or feel depressed.

People who use Spice sometimes end up in the emergency room because of a heart attack, kidney damage, or seizures (when your body starts twitching and jerking uncontrollably).

These are some problems that Spice can cause:

Sickness

Spice can cause headaches. It can also make you throw up.

Heart Attack

Spice can cause your heart to beat faster and your blood pressure to go up. This can give you a heart attack, which could lead to death.

Overdose

People can overdose on Spice. More people are going to the emergency room for Spice overdoses. Spice can cause death.

Addiction

You can get addicted to Spice after using it for a while. Over time, it can change the way your brain works. If you stop using Spice, your body can get confused and you can start to feel really sick. This makes it hard to stop. This is called addiction.

When the high goes away, you can have headaches or feel irritable, nervous, or depressed. You have strong cravings to take more Spice to feel good again.

At this time, doctors and scientists have not tested medicines or counseling to treat a Spice addiction. But there are treatment programs available that focus on changing behaviors.