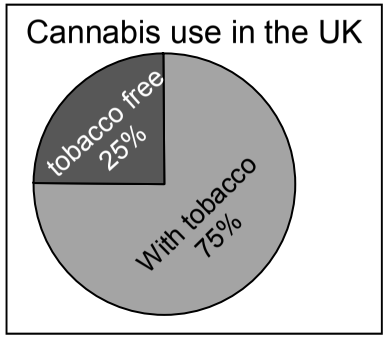
TOKEPURE!

With UKCIA - website of the Legalise Cannabis Campaigns

Opponents of the legalisation of cannabis often warn of various health risks that cannabis use may create. Many are rare, unproven, suspect or downright false but there is one serious issue that affects the vast majority of cannabis users - a killer drug called tobacco.



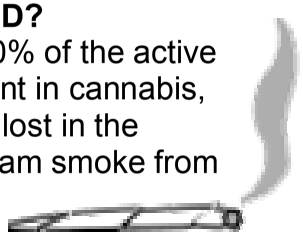
Tobacco, unlike cannabis, is widely known to be highly physically addictive and very hazardous to health - killing well over **100,000** people a year in the UK and contributing towards more than **50** types of illness.

Many people don't even consider using cannabis without tobacco, but there are less harmful legal herbal tobacco alternatives available from health shops.

Smoking anything can be harmful, but the less smoke you inhale the less harm is caused to your lungs.

For a healthier cannabis experience use pipes, bongs and, best of all, vapourisers to **smoke the herb pure.**

WASTED?
Up to 50% of the active ingredient in cannabis, THC, is lost in the sidestream smoke from a spliff



For more information see the UKCIA website at http://www.ukcia.org

TOBACCO SERIOUSLY DAMAGES HEALTH

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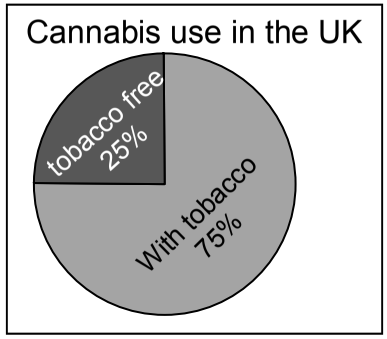

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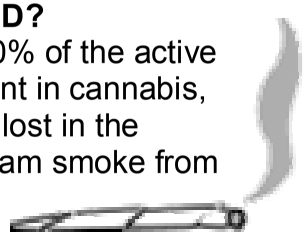

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