

# Key Harm Reduction

#4

## Supply Messages

Vit C



for brown or black  
tar heroin  
and crack cocaine

Vit C is not needed for most drugs.

Only **the smallest amount** is needed to turn brown/black tar heroin or crack cocaine into a water soluble solution.

Using more Vit C won't break down filler or coating of pill form opiate drugs, but will increase the risks associated with injecting a very acidic solution.

Talk to your harm reduction site if you have questions about this or any other harm reduction supplies

