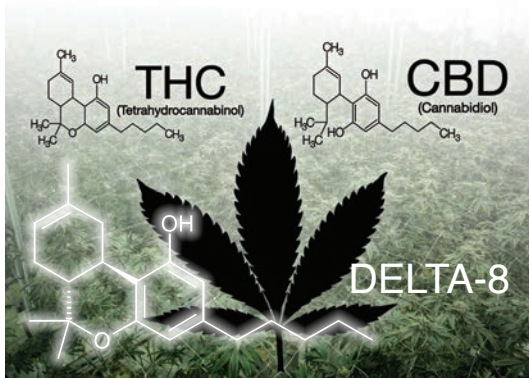


## WHAT IS DELTA-8 TETRAHYDRACABINIDOL (THC)?

Marijuana (*Cannabis sativa*) has thousands of chemicals, but the one that gets the most attention is Delta-9 Tetrahydrocannabinol — commonly referred to as THC. This is the chemical that produces marijuana's mind-altering effects and there's plenty of it in just one marijuana leaf. In most places, though, THC is illegal and even though some states have started legalizing marijuana for recreational use, it remains a banned substance in around 70 percent of the US.

Recently, a lesser-known form of THC called Delta-8 has started to become more popular. This form of THC is found in much smaller percentages than Delta-9 THC and has less intense mind-altering effects, giving it the nickname "weed light." While it was once considered a byproduct of creating Delta-9 products, companies involved in selling THC-related substances have taken advantage of legal loopholes to market Delta-8 as a hemp-based pain reliever or anxiety reducer. Currently, the FDA does not recognize Delta-8 for any medicinal purpose, but that hasn't stopped its spread as an edible or smokable option for those in states that have not legalized marijuana.



Although its safety and legality are still very much in question, headshops, vape stores, and even places like gas stations are looking to cash in on Delta-8's questionable legal status to sell you an untested and unapproved product.

“Delta-8 is still essentially marijuana in another form.”

### IS IT LEGAL?

Although some states have legalized the medicinal and recreational use of marijuana, it remains a controlled substance by the federal government. However, the Agriculture Improvement Act of 2018 (commonly called the “Farm Bill”) legalized the growth and manufacture of hemp, including products derived from the plant. This is where the legality of Delta-8 becomes confusing: while it can be derived from hemp, it is hard to tell if it was created that way or by modifying cannabidiol (CBD), which would make the substance illegal. The legal uncertainty around Delta-8 underscores that this could still be as dangerous as other forms of THC. But illegal or not, when it comes to putting something in your body, wouldn't you want to make sure that it's actually safe first?

## ADDITIONAL RESOURCES

### DEA Prevention

[www.getsmartaboutdrugs.gov](http://www.getsmartaboutdrugs.gov)

### Centers for Disease Control

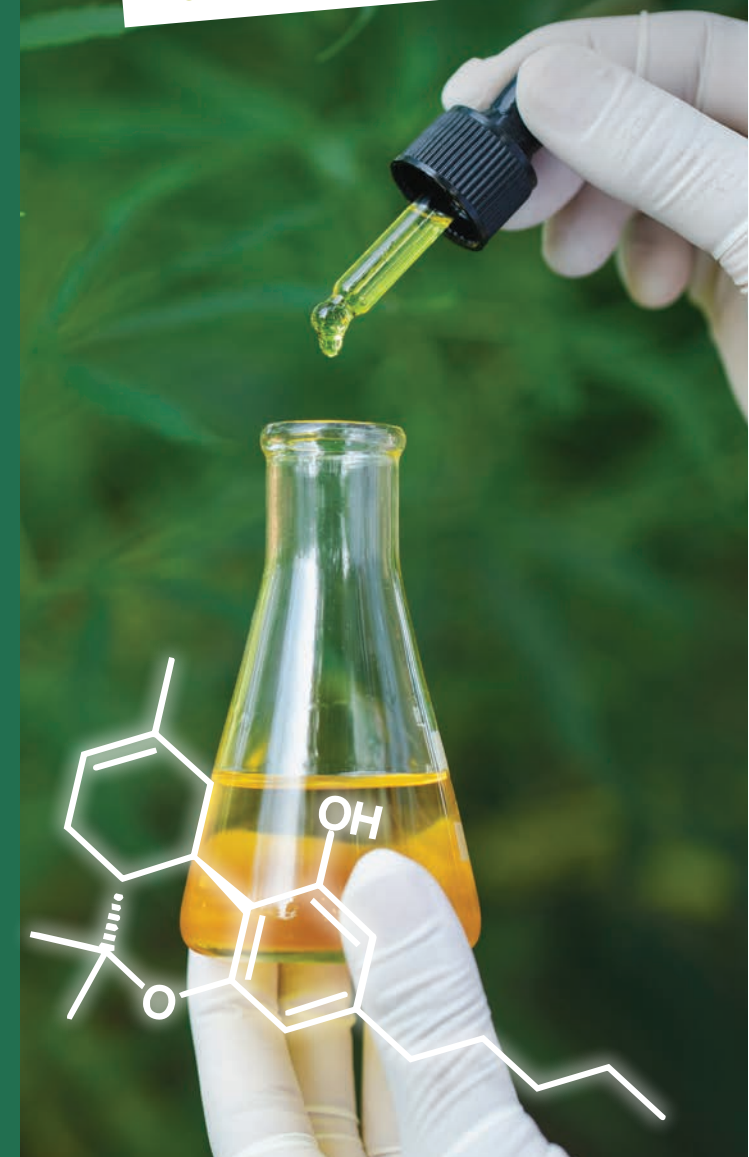
[www.cdc.gov/marijuana](http://www.cdc.gov/marijuana)

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# DELTA-8 THC

Don't be in the dark  
about “weed light”







### IS IT SAFE?

Even though Delta-8 is supposedly milder than Delta-9, this refers to the mind-altering effects, not the overall safety of the substance. For decades, cigarette companies have marketed their products using names like “lights” or “milds,” but this did not make them safer or less addictive. While Delta-8 is thought to be less potent, this doesn’t make it a safer alternative to other cannabinoids. The risk for addiction and abuse remains the same, and, like many addictive substances, the potential for shoddy or dangerous production methods is there too. Isolating, reducing, or modifying chemical compounds (the methods used to produce Delta-8 out of hemp or CBD) can create unintended byproducts. In the wrong hands, these potentially dangerous byproducts can remain, meaning you never know what you may actually be using.

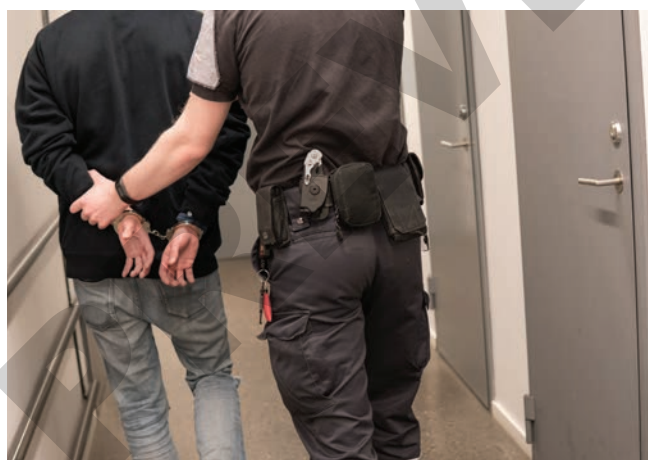
While the FDA does approve the use of some CBD products to treat specific conditions under the direction of a doctor, makers and sellers of Delta-8 products don’t go through the same rigorous testing and research. This means there are no rules or oversight as to how the product is made or marketed, leaving the possibility for users to get way more than they bargained for.

Don’t let the name fool you, either. Delta-8 is still essentially marijuana in another form. We know that marijuana can be addictive and because Delta-8 impacts the brain in the same way, it has the same potential for addiction as any other form.

### SHORT-TERM EFFECTS OF DELTA-8

While the potency is debated, the fact is clear that Delta-8 is still a cannabinoid and can have the same mind-altering effects as its close cousin, Delta-9 THC, including:

- **Slowed motor skills**
- **Dizziness**
- **Disorientation**
- **Anxiety**
- **Impaired short-term memory**
- **Reduced reasoning skills**
- **Increased appetite**
- **Dillusions or hallucinations**



When smoked, Delta-8 introduces the same cancer-causing chemicals like tar into the body, in addition to physical side effects like:

- **Cough**
- **Dry or bloodshot eyes**
- **Nausea**
- **Dry mouth**
- **Increased heart rate and blood pressure**
- **Respiratory infections in heavy users**
- **Sore throat**
- **Weakening of the immune system**

If the mental and physical effects weren’t bad enough, there are also legal, academic, and professional consequences of using Delta-8, including:

- **Possible arrests due to unknown legality**
- **Lower grades or poor school performance**
- **Failed drug screens leading to inability to participate in sports or extracurriculars, as well as decreased employment opportunities**

### LONG-TERM EFFECTS OF DELTA-8

As with marijuana in general, it’s tough to know what the long-term effects of using Delta-8 are because research is



limited. Since most marijuana users often abuse other harmful substances like alcohol, tobacco, and/or narcotics, it can be hard to tell how using marijuana can impact the body over a lifetime. Because Delta-8 is relatively new and still very unknown, how it affects users in the long-term is just as unknown. What we do know for certain is that the potential for addiction is present no matter how Delta-8 is described or marketed.

The bottom line is that without greater research, no one can truly say whether it is safe in the long term or not.

### DON’T BE A LAB RAT

There’s still too much we don’t know about Delta-8: its legality, its potency, its long-term effects, and much more. The best way to keep yourself healthy and safe is to stay drug-free. There’s no need to experiment with your health and well-being by testing the effects of Delta-8!

When it comes to “weed light,” we’re still too in the dark to know the real dangers.

“What we do know for certain is that the potential for addiction is present no matter how Delta-8 is described or marketed.”