

# Delta-8 THC:

## Don't be in the dark about weed light

### What is Delta-8

Marijuana contains thousands of chemicals, but one that has recently gained popularity is delta-8. This lesser-known form of THC has less intense mind-altering effects but still has the same risks and the potential for addiction.



### How is Delta-8 Used?

Shockingly easy to obtain in many places, businesses can sell delta-8 with little regulation and almost no legal consequences. There are numerous ways to use delta-8 but none are safe. Here are some of the forms:

- **Edibles** - Delta-8 oil infused into food
- **Vapor** - Delta-8 put in a vape cartridge and inhaled
- **Flower** - A hemp flower bud coated in delta-8 and smoked
- **Tincture** - Delta-8 oil is stored in a small bottle with a dropper to be taken orally.



### How is it made?

It is synthesized from hemp and the creation often results in unsafe by-products that could make delta-8 harmful. Companies are taking advantage of legal loopholes to market delta-8 as a hemp-based pain or anxiety reducer. However, the FDA does not recognize delta-8 to have any valid medical use.



### Know the Risks

- Delta-8 has been found to contain many harmful chemicals and is often made in makeshift labs with no regulation.
- Even though it's supposedly milder than delta-9 THC, the dangers of delta-8 are not any less severe. Using any marijuana product has the potential to lead to addiction and substance abuse issues.
- National poison control centers have received hundreds of delta-8 related calls in the past 3 years.



No matter the form, abusing delta-8 is always the wrong choice.

### How it affects your health:

- Impaired short-term memory
- Disorientation
- Anxiety
- Reduced reasoning skills
- Delusions or hallucinations
- Respiratory infections
- Weakened immune system



### How it affects your future:

- Possible arrests due to varying legality
- Lower grades or school performance
- Lower work performance
- General lack of motivation
- Failed drug screenings prevent participation in sports or extracurriculars, as well as decreased employment opportunities



Delta-8 may have the same effects, or worse. It isn't worth the risk.

The long-term health effects of delta-8 are unknown. Marijuana weakens the brain and respiratory system leading to many problems. The best choice is to stay away from Delta-8.

# Delta-8: You Use, You Lose