



CBD and Hemp

BEFORE YOU USE A PRODUCT THAT CONTAINS CBD OR HEMP, HERE'S WHAT YOU SHOULD KNOW:



HEMP

- The 2018 Farm Bill defines hemp as...
“the plant Cannabis sativa L. and any part of that plant, including the seeds thereof and all derivatives... with a delta-9 tetrahydrocannabinol concentration of not more than 0.3% on a dry weight basis.”

- Delta-9 tetrahydrocannabinol, or **THC**, is the psychoactive substance in marijuana.
- Hemp plants naturally contain THC, but the amount in a plant can vary widely.
- Use of a product with THC could result in a positive drug test.
- **All products containing hemp are prohibited for use by Service Members**, regardless of THC concentration. (This does not apply to durable goods such as rope or clothing.)



CBD

- Cannabidiol (CBD) is a chemical compound in the class of plant chemicals called **“cannabinoids.”**

- CBD occurs naturally in the plant *Cannabis sativa L.* (marijuana and hemp).
- **All products with CBD are prohibited for use by Service Members.** This includes topical, inhaled (vaping), and oral products.
- Without laboratory testing, there is no way to know for certain whether a CBD product contains a significant amount of THC.

DoD POLICY

Hemp products, including those with CBD, are prohibited for use by Service Members. For more information, please read the articles about CBD and hemp on **opss.org**.