



DELTA-8-THC

BEFORE YOU USE A PRODUCT THAT CONTAINS DELTA-8-THC, HERE'S WHAT YOU SHOULD KNOW:

- Delta-8-tetrahydrocannabinol, or delta-8-THC, is a psychoactive substance found in very low levels in the plant *Cannabis sativa*.
- Most delta-8-THC on the market is made in a laboratory (synthetic) from CBD.
- It is often sold in the form of vape cartridges, tinctures (liquid form), and edibles.
- Use could result in side effects such as vomiting, trouble standing, loss of consciousness, low blood pressure, and difficulty breathing.
- Use of a product with delta-8-THC could result in a positive drug test.
- ***Products containing delta-8-THC are prohibited for use by Service Members.***

DoD POLICY

Hemp products, including those with CBD and delta-8-THC, are prohibited for use by Service Members.

For more information, please read the articles about CBD and hemp on opss.org.