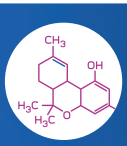
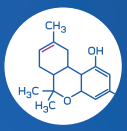
Understanding **Delta-8 THC** and **Delta-9 THC**





Delta-9 THC is the main type of THC found naturally in the cannabis plant that produces intoxicating effects. It is present in much larger amounts than Delta-8 THC.



Delta-8 THC is usually made in labs from hemp CBD because only tiny amounts occur naturally in the cannabis plant.

Delta-8 THC and Delta-9 THC products **are sold in many local convenience stores, smoke/vape shops, and online.**

Common Forms and Use



- **Vape** products and cartridges
- **Capsules** or tablets
- **Edible products** – gummies, chocolates, candies, snacks, and baked goods
- **Powders** and drink mixes
- **Liquid products** and beverages
- Concentrated **extracts, oils, waxes**
- **Dried flower** or plant-like products
- **Lotions,** balms, and creams

Risks and Signs of Use

- **Dependence and withdrawal symptoms** after regular use
- **Changes in energy levels,** behavior, appetite, or appearance
- **Unusual laughter,** euphoria, or changes in emotional expression
- **Anxiety, nervousness, paranoia,** irritability, psychosis, or other mood changes
- **Changes in heart rate,** blood pressure or headaches
- **Red bloodshot eyes,** sweating, dry mouth, nausea, or upset stomach
- **Increased forgetfulness** or trouble with short-term memory
- **Difficulty with concentration,** learning, coordination, and reaction times

Combining **Delta-8 THC or Delta-9 THC** products with alcohol, medications, or other substances increases the risk of serious health effects and overdose.

Youth, pregnant women, and people with certain health conditions may face additional risks.

Did You Know?

- Some products are sold **without the U.S. Food and Drug Administration (FDA) approval.** Their strength, ingredients, and effects may not match the label.
- **THC products today may be stronger than cannabis** products available decades ago, increasing the risk of unwanted or harmful effects.
- Edibles may take up to **two hours,** or longer, to produce effects. Consuming more before the effects are fully felt can increase the risk of a medical emergency.
- Delta-8 and Delta-9 THC may produce a p**ositive drug-screening result.**

Industry and Marketing Tactics

Delta-8 THC and Delta-9 THC products are often marketed in ways that mislead consumers and minimize risks by using:

- Terms such as **"natural," "plant-based," "hemp-derived," or "legal alternative"**
- Claims that they are **"safer" or "milder"** alternatives to marijuana
- **Candy-like packaging**, bright colors, and sweet flavors
- **Unsupported claims** that produce use may reduce stress, sleep, pain, or anxiety
- Placement **near checkout counters** or other everyday consumer goods
- Promotion through **social media influencers** and personal claims

Assuming that products sold in retail stores are harmless can have serious consequences.

Delta-8 THC and Delta-9 THC products may contain hidden dangers. It can be hard to know how much you are taking or how it may affect you.

For health, safety, and legal reasons it is best to avoid using Delta-8 THC and Delta-9 THC.

Learn more

Abovethehigh.org

HORIZON

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If someone has severe symptoms or is unresponsive, call **911** right away. For questions about possible poisonings or side effects, call **1-800-222-1222**