



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 the *Cannabis sativa* plant.
- Products containing delta-8-THC are prohibited for use by Service Members.
- Using products that contain delta-8-THC could result in a positive drug test.
- Delta-8-THC is often sold in the form of vape cartridges, infused hemp flower, beverages, and edibles such as gummies and candies.
- Products with delta-8-THC are not evaluated or approved by the Food and Drug Administration and might contain additional harmful ingredients or chemicals.
- Use of delta-8-THC could result in side effects such as vomiting, loss of consciousness, hallucinations, difficulty breathing, trouble standing, anxiety, dizziness, and confusion.

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.