**What is Delta-8, and why do I keep hearing about it?**

Since the 2018 US Farm Bill, Delta-8-THC has been allowed by law. There is some gray area for considering Delta-8-THC “a synthetic” (per October 2020 DEA); however, in late 2020, Delta-8-THC began to attract attention and in 2021, is one of the fastest growing segments of products derived from hemp especially in states where Marijuana is illegal.

**What is Delta-8?**

**Delta-8-Tetrahydrocannabinol** (**Delta-8-THC**, **Δ8-THC**) is a mind-altering cannabinoid found in cannabis plants.

**Why do people use it?**

Delta-8-THC may reduce nausea, stimulate appetite, and relieve pain; however, the majority of current knowledge is based on animal studies.

**Is it safe? Side effects to use?**

Generally, Delta-8-THC consumers reports similar effects as marijuana. Limited studies are available. Not all products are the same, some products are not tested or have questionable test results and may contain harmful chemicals. If a person is taking other prescription medications, there can be negative interactions. There is limited research on the short-term and long-term effects on the mind and body.

**Will it get people high?**

Delta-8 will get a person high, maybe not has high as Delta-9-THC depending on the person and their level of consumption.

**Immediate Effects**

Delta-8-THC may cause increased [heart rate](https://en.wikipedia.org/wiki/Heart_rate), increased blood pressure, [reddening of the eyes](https://en.wikipedia.org/wiki/Red_eye_(medicine)), [dizziness](https://en.wikipedia.org/wiki/Dizziness), dryness of the mouth and throat, a burning or prickling sensation in the hands and arms, fatigue, ringing in one or both ears, increased [body awareness](https://en.wikipedia.org/wiki/Proprioception), [weakness](https://en.wikipedia.org/wiki/Weakness), racing thoughts, muscle [tension](https://en.wikipedia.org/wiki/Muscle_tone) or [tremor](https://en.wikipedia.org/wiki/Tremor), reduced [motor coordination](https://en.wikipedia.org/wiki/Motor_coordination), [sleepiness](https://en.wikipedia.org/wiki/Somnolence), changes in [visual perception](https://en.wikipedia.org/wiki/Visual_perception), altered [visual imagery](https://en.wikipedia.org/wiki/Mental_image), time distortion, relaxation, enhancement of [colors](https://en.wikipedia.org/wiki/Color_vision) or [contrasts](https://en.wikipedia.org/wiki/Contrast_(vision)), changes in hearing, [euphoria](https://en.wikipedia.org/wiki/Euphoria), [tranquility](https://en.wikipedia.org/wiki/Tranquillity),  or difficulty in [thinking](https://en.wikipedia.org/wiki/Thought), [speaking](https://en.wikipedia.org/wiki/Speech), [reading](https://en.wikipedia.org/wiki/Reading), or [remembering](https://en.wikipedia.org/wiki/Recall_(memory)).

**Ingestion vs Inhalation**

While Delta-8-THC and Delta-9-THC share similar properties, Delta-8-THC tends to exhibit a lower psychotropic potency than THC when inhaled. When ingested delta-8-THC can deliver the same intoxicating effects as THC. Limited studies are available.

**Is it different than THC?**

Delta-8-THC is slightly less [potent](https://en.wikipedia.org/wiki/Potency_(pharmacology)) than Delta-9-THC (in animal studies), although its effects remain similar. This essentially means it will still medicate/intoxicate but to a lesser degree.

**Is it different than CBD?**

Delta-8-THC has more similarities to THC than CBD, mainly because it gets you high. CBD does not bind to the endocannabinoid system, making it non-intoxicating (depending on the method of administration, amount, and frequency).

**Will it test positive for THC?**

Yes, for DFPS lab confirmed drug tests, Delta-8-THC will test positive for Marijuana.

**Education to Parents or Caregivers**

* Delta-8-THC gets a person high.
* It can impair their abilities and capacity.
* Very little research on safety, efficiency, potency, or strength have been performed on Delta-8-THC
* Very little research on short-term and long-term effects on the mind and body.
* Not all products are the same, some products are not tested or have questionable test results and may contain harmful chemicals.
* Delta-8-THC edibles may be just as potent as marijuana-derived edibles.
* Safe Storage and Poison Control information