

What is DELTA-8?

Fact Sheet

Delta-8 refers to delta-8 Tetrahydrocannabinol, a psychoactive substance found naturally in the cannabis sativa plant.

- Delta-9 Tetrahydrocannabinol (THC) is the psychoactive and mind-altering drug found in the marijuana, a.k.a. cannabis, plant. This is the substance sought after that causes the user to experience a “high” feeling.
- Like delta-9, delta-8 also has psychoactive effects, but is estimated to be about 50-75% less psychoactive than delta-9, therefore the intensity of the experience is not as strong.
- Concentrated amounts of delta-8 can be extracted from CBD. CBD is one of the 113 identified cannabinoids in the cannabis plant.
- It is not evaluated or approved by the FDA.
- It is available in various forms for use like THC products (gummies, vapes, oils, dabs).
- Delta-8 is sometimes marketed as weed light or dirt weed.
- Because of its similarities to other cannabis products, delta-8 could be detected in a drug test.

Is Delta-8 Legal?

- Laws concerning delta-8 in Pennsylvania are unclear since the substance can be extracted from the hemp or cannabis plant. The 2018 farm bill states that hemp can be legally grown in the United States.
- Large amounts of delta-8 that is sold is manufactured from hemp-derived CBD.

Side Effects

- Side effects of delta-8 can be unpredictable.
- Psychoactive and intoxicating effects are similar to delta-9 THC. This is the chemical found in marijuana responsible for the “high” people may feel.
- The chemicals from the delta-9 THC are processed and synthesized to create delta-8.



Deceptive Marketing

- Delta-8 is sold online and in stores, commonly grocery and convenience stores.
- Marketing often uses terms like “hemp products” or “hemp-derived CBD products.”
- It is often marketed for therapeutic or medical uses. This is violation of federal law.
- These unproven claims mislead consumers and raise public health concerns.



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Concerns

- Marketing techniques reduce the perception of harm and give a false sense of safety.
- Attraction to youth as a “legal” high and online purchase availability make delta-8 more accessible to youth.
- Increase in adverse events reported to poison control centers. Including deep sedation, slowed breathing, initial increased heart rate progressing to slowed heart rate and decreased blood pressure.
- There are concerns by the FDA of contamination due to the unsafe manufacturing methods to make delta-8.
- Young children may mistake delta-8 edibles (gummies) as candy.

SOURCES:

<https://www.fda.gov/consumers/consumer-updates/5-things-know-about-delta-8-tetrahydrocannabinol-delta-8-thc>

<https://emergency.cdc.gov/han/2021/han00451.asp>



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