

# DELTA-8 THC

## Basic Information

More information from the [CDC](#) and [FDA](#). A [legality map](#) with monthly updates.



### What is Delta-8 THC?

- Delta-8 THC is a chemical found in small amounts in cannabis plants.
- It is similar to Delta-9 THC, the main psychoactive chemical in marijuana.
- Delta-8 THC has a weaker effect on the body than Delta-9 THC, so it has been referred to as “diet weed.”
- A lot of Delta-8 THC is made in labs. It is made from the chemical CBD.



### Effects on the Body

- Delta-8 THC binds to fewer locations in the brain than Delta-9 THC. This is one reason why its effect on the body is weaker.
- When Delta-8 THC is made in a lab, many byproducts are produced.
- These byproducts are not always removed and can be very dangerous. They can cause vomiting, unconsciousness, balance problems, and hallucinations.



### History

- A couple of years ago, there was an oversupply of CBD in the cannabis market. This made the price of CBD very low.
- To increase business, people began to make Delta-8 THC from some of the CBD supply.
- Delta-8 THC is most commonly sold in edible form.
- In the first half of 2021, U.S. poison centers received 660 calls related to Delta-8 THC products.



### Is it legal/illegal?

- Most Delta-8 THC products are made from CBD that comes from hemp.
- Hemp is cannabis that is less than 0.3% Delta-9 THC by weight. It has been legal in the U.S. since 2018.
- People use this loophole to make Delta-8 THC products, however these products have been banned or restricted in 19 states.
- Delta-8 THC is not regulated by the FDA and is currently [legal in Ohio](#).