

Know the Difference: Marijuana, CBD & Hemp



Did you know that marijuana, CBD and hemp are prohibited substances for Service members to use no matter the claimed or actual THC levels and legal status*? Understand these substances so that you can limit your risk.



Cannabidiol (CBD)

CBD is a chemical compound in hemp and marijuana. It comes in many forms and should not produce a high. Beware: CBD products are not regulated and could have some amount of THC in them, thus producing a high and the potential to pop positive.

Marijuana

When cannabis plants have more than 0.3% (by dry weight) Delta-9 THC, it is considered marijuana. The amount of THC in marijuana produces a high. Marijuana can be smoked, vaped and eaten, and can sometimes create psychological or physical dependence.

Hemp

When cannabis plants have no more than 0.3% (by dry weight) Delta-9 THC, it is considered hemp. Due to the THC levels, hemp should not produce a high, but similar to CBD, the THC levels in hemp products are not regulated. Hemp and its components are sometimes used to produce materials and foods.



Tetrahydrocannabinol (THC)

THC is a chemical compound in hemp and marijuana. In high enough quantities, this psychoactive ingredient produces the "high" that marijuana is known for. THC can be found in edibles, weed or pot and even vape oils.

As a Service member, go the extra mile to protect yourself from prohibited substances.

*The DOD order/regulation and Service-level policies on hemp products do not prohibit FDA-approved cannabinoid drugs for which a Service member has a valid prescription or durable hemp goods.

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