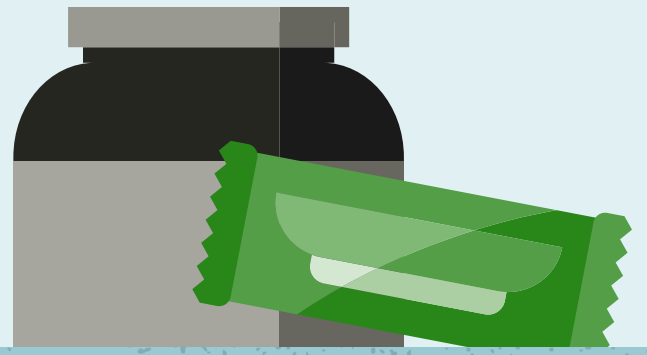


Pause! Is There Hemp in That?



Although hemp may be found in products that are sold at the commissary, local markets or retail stores, **most hemp products are prohibited for Active and Reserve Component members to eat or use.**

Here's What You Need to Know

- 1.** Hemp comes from the cannabis plant and can be used to produce materials and food.
- 2.** [DOD and Service-level policies](#) prohibit Service members from eating and using products made or derived from hemp, no matter the claimed or actual THC levels.
- 3.** Durable goods like rope or clothing, however, are not included in this policy and are okay to use.
- 4.** Some products may clearly state that they contain hemp, but some may not.

Beware of these common products that contain hemp:



Hemp milk



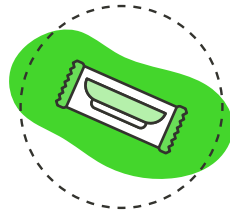
Chips or crackers



Hand sanitizer



Protein powder



Granola or energy bars



Shampoo or conditioner



Lotion or soap

How to Protect Yourself

It's your responsibility to look out for products that might contain hemp before you use them.

ONE

Read the ingredients to see if it contains hemp parts (like hemp seeds and oil).

TWO

Ask if it contains hemp.

THREE

If you're not sure whether it contains hemp, steer clear.

Remember – it's not worth the risk.

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TO LOSE**

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