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### **SAFE Glen Cove Coalition: Experts Are Worried About Delta 8 THC**

According to the US Food and Drug Administration (FDA), Delta-8 is a potentially dangerous drug that's resulted in thousands of accidental poisonings. The rise in Delta-8 THC products in marijuana and hemp marketplaces has increased the availability of psychoactive cannabis products, even in states, territories, and tribal nations where non-medical adult cannabis use is not permitted under law. These products include but are not limited to smokable hemp sprayed with Delta-8 THC extract, distillates, tinctures, gummies, chocolates, and infused beverages, gummies and vape cartridges. In addition, because testing methods for products like synthetically derived Delta-8 THC are still being developed, Delta-8 THC products may not be tested systematically for contaminants such as heavy metals, solvents, or pesticides that may have adverse health effects. The FDA maintains Delta-8 may be marketed in ways that put the public health at risk and should especially be kept out of reach of children and pets.

Delta-8 THC, is a psychoactive substance found in the Cannabis sativa plant, of which marijuana and hemp are two varieties. Delta-8 THC is one of over 100 cannabinoids produced naturally by the cannabis plant but is not found in significant amounts in the cannabis plant. As a result, concentrated amounts of Delta-8 THC are typically manufactured from hemp-derived cannabidiol (CBD). Delta-8 THC products have not been evaluated or approved by the FDA for safe use in any context.

Delta -8 THC products have not been evaluated or approved by the FDA for safe use and may be marketed in ways that put the public health at risk. According to the FDA, there are growing concerns surrounding delta-8 THC products currently being sold online and in stores. Marketing, including online marketing of products, is appealing to children. Additional concerns include variability in product formulations and product labeling, other cannabinoid and terpene content, and variable Delta-8 THC concentrations. Some of these products may be labeled simply as "hemp products," which may mislead consumers who associate "hemp" with "non-psychoactive."

The FDA has received adverse event reports involving delta-8 THC-containing products. Between December 1, 2020, and February 28, 2022 the FDA received 104 reports of adverse events in patients who consumed delta-8 THC products. Of these 104 adverse event reports 77% involved adults, 8% involved pediatric patients less than 18 years of age, and 15% did not report age; 55% required intervention (e.g., evaluation by emergency medical services) or hospital admission; 66% described adverse events after ingestion of Delta-8 THC-containing food products (e.g., brownies, gummies); Adverse events included, but were not limited to: hallucinations, vomiting, tremor, anxiety, dizziness, confusion, and loss of consciousness.

Delta-8 THC has psychoactive and intoxicating effects similar to Delta-9 THC (i.e., the component responsible for the “high” people may experience from using cannabis). The FDA is aware of media reports of delta-8 THC products getting consumers “high.” The FDA is also concerned that Delta-8 THC products likely expose consumers to much higher levels of the substance than are naturally occurring in hemp cannabis raw extracts. Thus, historical use of cannabis cannot be relied upon in establishing a level of safety for these products in humans.

Delta-8 THC products often involve use of potentially harmful chemicals to create the concentrations of delta-8 THC claimed in the marketplace. The natural amount of delta-8 THC in hemp is very low, and additional chemicals are needed to convert other cannabinoids in hemp, like CBD, into delta-8 THC (i.e., synthetic conversion). Some manufacturers may use potentially unsafe household chemicals to make delta-8 THC through this chemical synthesis process. Additional chemicals may be used to change the color of the final product. The final delta-8 THC product may have potentially harmful by-products (contaminants) due to the chemicals used in the process, and there is uncertainty with respect to other potential contaminants that may be present or produced depending on the composition of the starting raw material. If consumed or inhaled, these chemicals, including some used to make (synthesize) delta-8 THC and the by-products created during synthesis, can be harmful. Manufacturing of delta-8 THC products may occur in uncontrolled or unsanitary settings, which may lead to the presence of unsafe contaminants or other potentially harmful substances.

Delta-8 THC products should be kept out of the reach of children and pets. Manufacturers are packaging and labeling these products in ways that may appeal to children (gummies, chocolates, cookies, candies, etc.). These products may be purchased online, as well as at a variety of retailers, including convenience stores and gas stations, where there may not be age limits on who can purchase these products. There have been numerous poison control center alerts involving pediatric patients who were exposed to Delta-8 THC-containing products. Additionally, animal poison control centers have indicated a sharp overall increase in accidental exposure of pets to these products. Keep these products out of reach of children and pets.

The FDA is actively working with federal and state partners to further address the concerns related to these products and monitoring the market for product complaints, adverse events, and other emerging cannabis-derived products of potential concern. The FDA will warn consumers about public health and safety issues and take action, when necessary, when FDA-regulated products violate the law.

The Food and Drug Administration (FDA) is a federal agency of the United States Department of Health and Human Services responsible for protecting and promoting public health. For more information please visit [www.fda.gov](http://www.fda.gov).

The SAFE Glen Cove Coalition is concerned about marijuana use and its consequences – especially on the health and development of youth. To learn more about the SAFE Glen Cove Coalition please follow us on [www.facebook.com/safeglencovecoalition](https://www.facebook.com/safeglencovecoalition) or visit SAFE’s website to learn more about marijuana use at [www.safeglencove.org](http://www.safeglencove.org).

