



# HEMP DERIVED THC 101

By Prairie Circle

## WHAT IS THE DIFFERENCE BETWEEN HEMP AND CANNABIS?

Hemp and cannabis are **two types of the same plant**. The difference is how much THC they contain. THC is the substance in marijuana that makes people feel high. Hemp only has a little THC. By law it must contain less than 0.3% THC, or it's considered cannabis.

## WHAT ARE "THE DELTAS"?

Delta-8, delta-9, and delta-10 are some of the THC molecules that **create the feeling of being high**. They don't all produce the same effect—delta-9 creates the strongest high, then delta-8, and then delta-10. All of the deltas are all found in both hemp and cannabis, but cannabis flower has much higher concentrations of them than hemp does.

## WHAT IS HEMP DERIVED DELTA-9?

It's possible to extract a different molecule from hemp plants and convert it to delta-9 THC. The reason this is popular right now is because it's **federally legal to make and sell products from hemp**. When the federal government makes cannabis legal, people probably won't make or consume as many hemp derived products as they do now.



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## WHAT IS MINNESOTA DOING WITH HEMP DERIVED THC?

Minnesota law allows for what are called "low-potency hemp derived products." Products made with hemp derived delta THC are legal for consumers 21 and older, but only in doses of **5mg or less per serving, with a maximum of 10 servings (50mg of THC) per package**. These products wholesale for \$5 to \$10 per package and retail for \$20 to \$30 per package. They must be edibles or beverages—vapes are not legal. In addition, all packaging must be child-resistant and not designed to appeal to children. They must be tested for potency, as well as for pesticides, heavy metals, residual solvents, and mold.



# ABOUT THE HEMP DERIVED DELTAS

## DELTA-8 Mild high, easiest to extract from hemp

### Potential Benefits

- Pain relief
- Appetite increase
- Reducing nausea and vomiting
- Relaxation
- Reducing anxiety
- Increasing feelings of euphoria

### Potential Side Effects

- Dry mouth
- Fatigue
- Red eyes
- Difficulty concentrating
- Poor short-term memory
- Altered sense of time

### Ingestion methods

- Smoking
- Vaping
- Gummies/edibles
- Tinctures

## DELTA-9 Strongest high, must be converted from CBD

### Potential Benefits

- Pain relief
- Reducing nausea and vomiting
- Relaxation
- Reducing anxiety
- Euphoria
- Sleep
- PTSD relief

### Potential Side Effects

- Drowsiness
- Dry mouth
- Rapid heart rate
- Lethargy
- Poor motor coordination
- Dizziness
- Headaches

### Ingestion methods

- Smoking
- Vaping
- Gummies/edibles
- Tinctures
- Topicals

## DELTA-10 Mildest high

### Potential Benefits

- Stress relief
- Relaxation
- Reducing anxiety
- Alertness
- Energy

### Potential Side Effects

- Poorly understood due to a lack of research

### Ingestion methods

- Smoking
- Vaping
- Gummies/edibles
- Tinctures