WHAT IS THC?
THC (tetrahydrocannabinol) is the main psychoactive, or mood altering, ingredient in marijuana. It can have a multitude of negative effects on the body and brain.

HIGH POTENCY = HIGH RISKS
As the potency of cannabis products increase, so do the public health risks. High-THC cannabis use has been linked to increased risk of anxiety, psychosis, cognitive impairment, and addiction. Some of these risks are exacerbated in adolescents. The adolescent brain continues to develop through 25 and healthy brain development can be negatively affected² by exposure to high-potency THC products.

THC POTENCY IS INCREASING
Marijuana THC potency has increased¹ in the last few decades, up from about 4% in the 1980s to an average of 15% today. Extracts used in dabbing and vaping can contain an average of 50% and up to 90% THC.

1. [1980s THC Potency Source]
2. [Adolescent Brain Development Source]
Not Your Grandparents’ Cannabis: Increased Potency Increases Consumer Risk

Cannabis products have not been properly regulated, are often inaccurately labeled and may not be safe for use as directed. These products can be ingested in a number of different ways (e.g., via injectables, eye drops, nasal sprays, suppositories, etc.), whereas they used to solely be smoked or inhaled. Cumulative exposure risks are a growing concern.

CANNABIS PRODUCTS TODAY ARE VERY DIFFERENT FROM THOSE IN THE PAST. WE NEED BETTER REGULATIONS TO MITIGATE PUBLIC HEALTH RISKS AND PROTECT CONSUMERS.

LEARN MORE AT CANNABISWATCH.ORG

1. https://www.mjfactcheck.org/potency#:~:text=WHAT%20WE%20KNOW%3A%20Marijuana%20potency,and%20up%20to%2090%25%20THC.