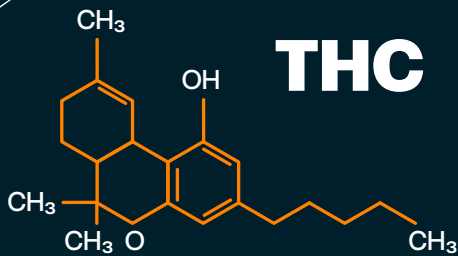


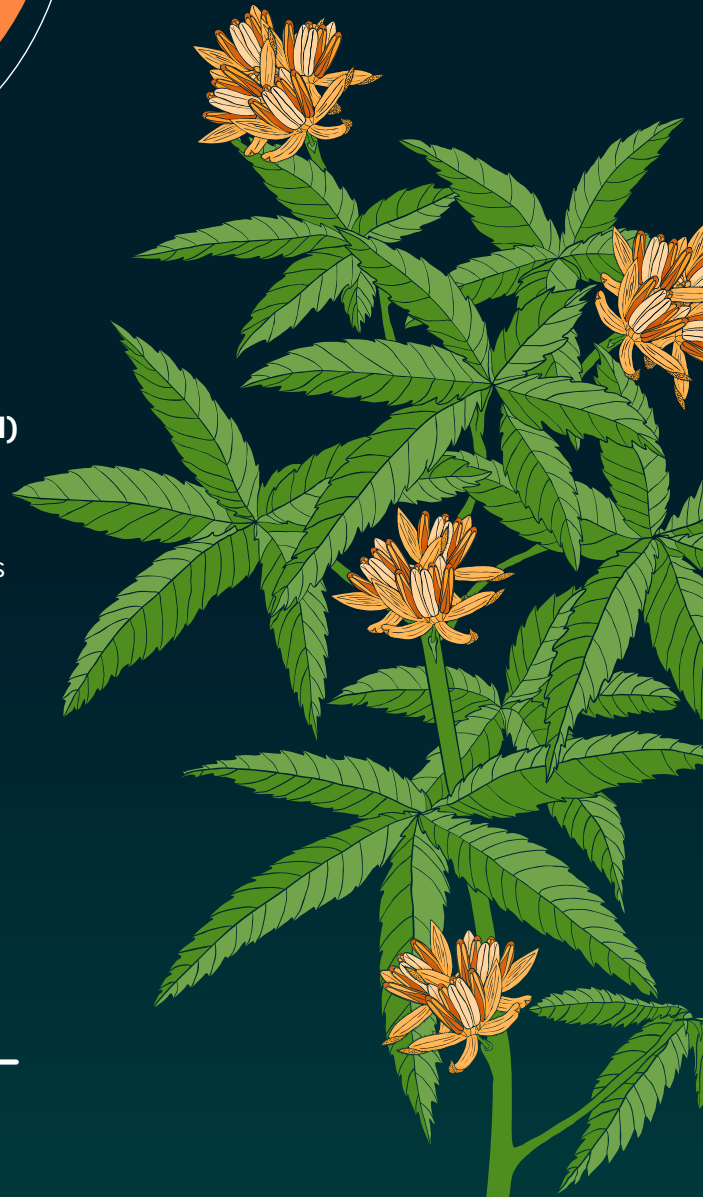
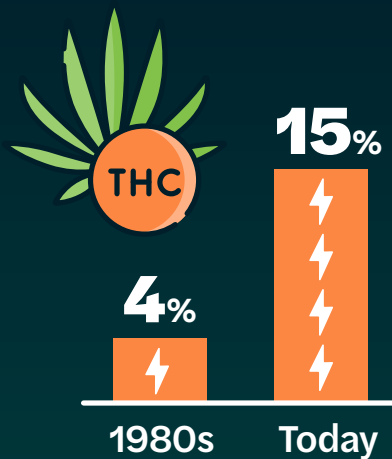
Not Your Grandparents' Cannabis: Increased Potency Increases Consumer Risk



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.

THC POTENCY IS INCREASING

Marijuana THC potency has **increased** 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**



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 affected**² by exposure to high-potency THC products.

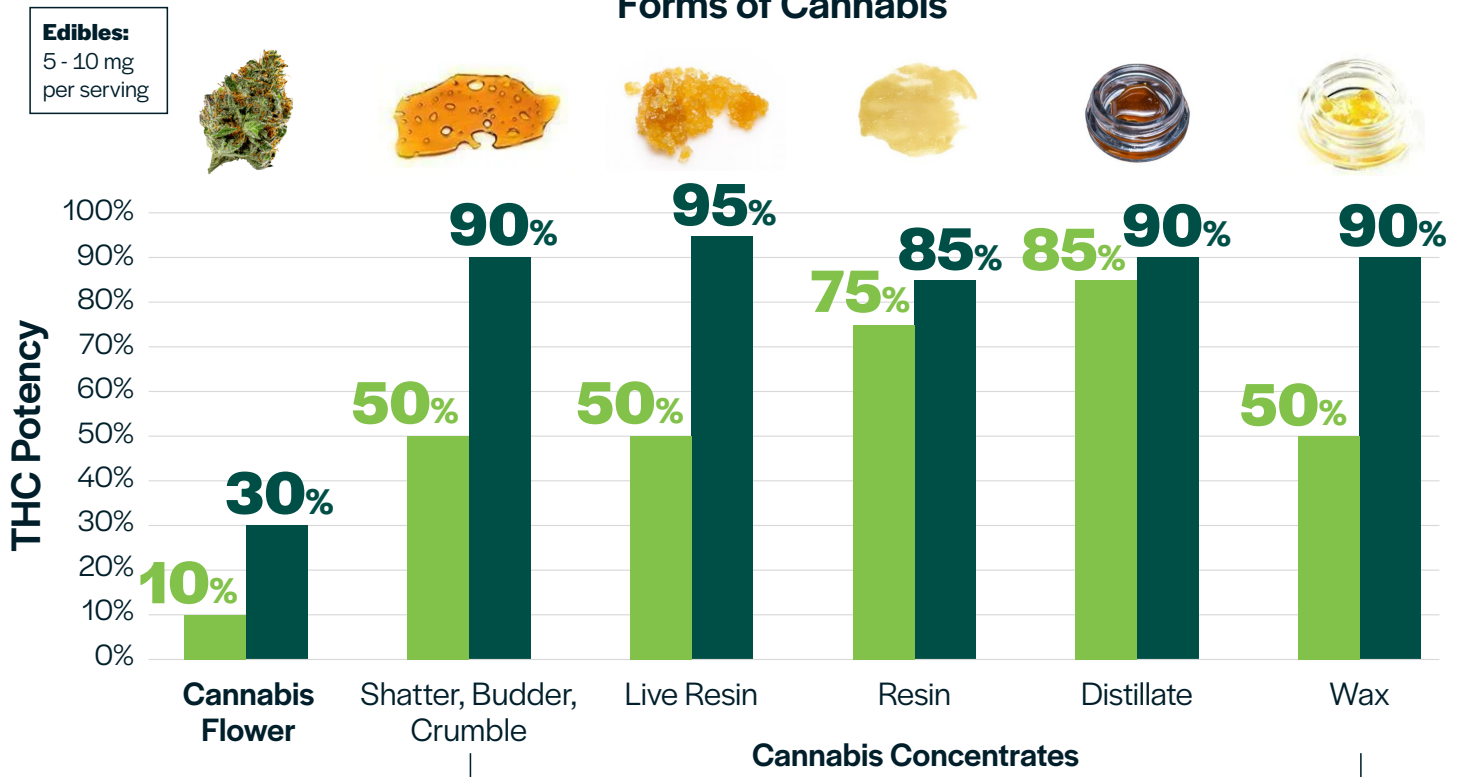


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Cannabis products have not been properly regulated, are often **inaccurately labeled**³ and may not be safe for use as directed. These products can be ingested in a number of different ways (e.g., via injectables, eye drops, nasal sprays, suppositories, etc.), whereas they used to solely be smoked or inhaled. Cumulative exposure risks are a growing concern.

Forms of Cannabis



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](https://cannabiswatch.org)

1. <https://www.mfactcheck.org/potency#:~:text=WHAT%20WE%20KNOW%3A%20Marijuana%20potency,and%20up%20to%2090%25%20THC.>
 2. Levine, A., Clemenza, K., Rynn, M., & Lieberman, J. (2017). Evidence for the Risks and Consequences of Adolescent Cannabis Exposure. *Journal of the American Academy of Child & Adolescent Psychiatry*, 56(3), 214-225. doi:10.1016/j.jaac.2016.12.014.
 3. <https://news.harvard.edu/gazette/story/2021/04/thc-and-cbd-content-on-labels-of-medicinal-products-may-be-inaccurate/>