

# Cannabis

## 101: Definitions and Facts

### Cannabis

Cannabis is a general term used for plants including hemp and marijuana. Cannabis plants contain **Cannabinoids**, a group of chemicals that cause different effects in the body. CBD and THC are cannabinoids.



#### Marijuana

**Marijuana\*** is the cannabis plant with higher levels of THC and lower levels of CBD. Marijuana typically contains enough THC to produce a 'high'.

#### THC

##### What is THC?

Delta-9 THC is the main chemical found in marijuana that produces a 'high'. Most people refer to Delta-9 THC simply as THC. Common slang terms for marijuana that contains THC are weed, pot, Mary Jane, grass, dope, and others.

##### How is THC used?

THC can be used several ways. Dried marijuana is commonly smoked in joints, bongs, pipes, or blunts. It is also inhaled as dabs or with vape devices. THC is also commonly consumed as gummies, oils, tinctures, and infused food and drink.



##### What are the effects of THC?

THC affects the parts of the brain responsible for memory, learning, attention, decision-making, coordination, emotions, and reaction time.

##### Is THC legal?

Medical or recreational THC is illegal in Wisconsin when derived from marijuana, except for FDA-approved medications like Marinol and Cesamet. See additional information on Delta-9 on page 2.



#### Hemp

**Hemp** is the cannabis plant with higher levels of CBD, and lower levels of THC (lower than 0.3%). Hemp does not contain enough THC to produce a 'high'.

#### CBD

##### What is CBD?

CBD is a non-psychoactive chemical found in the hemp plant. CBD products in Wisconsin are made from hemp or artificially. CBD alone does not produce the 'high' associated with THC.

##### How is CBD used?

CBD is often sold in the form of lotions, gummies, edibles, capsules, oils, tinctures, vapes, and dried hemp for smoking.



##### What are the effects of CBD?

Some CBD products claim to help with anxiety, sleep, and pain, but there's limited scientific evidence supporting medical uses of CBD. Some CBD products may contain detectable amounts of THC.

##### Is CBD legal?

CBD products are legal to use in Wisconsin, but not regulated. Epidiolex is the only CBD-derived FDA-approved medication. Talk to your doctor or pharmacist and always read labels carefully when considering using CBD products.

*\*Many states, retailers, and industry groups have moved away from using the term "marijuana" to using the term "cannabis" due to a history linking the term marijuana to campaigns in the U.S. in the 1930s to demonize the plant by associating it with Mexican immigrants. We use the term in this fact sheet for clarity of definitions but will use cannabis as an overall term in other educational materials.*

# Manufactured products sold in Wisconsin

New products that mimic the effects of THC have been growing in popularity, including Delta-8, Delta-10, HHC, HHC-O, THC-O, and more. All of these products are chemically made and can be found in edibles, vapes, and other forms. These products are not regulated, and their contents are not monitored, therefore safety, reliability, and strength are not guaranteed. These products are not specifically named in the state law prohibiting Delta-9 THC, so they are currently legal in Wisconsin.

## Delta-9 Products

### What are Delta-9 products?

Delta-9 is the main form of THC that causes the 'high' in cannabis. There are products sold in WI marketed as legal Delta-9 THC. These products have been derived from the hemp plant instead of the marijuana plant.

### How are Delta-9 products made?

Delta-9 is illegal in Wisconsin when it's taken from the marijuana plant. However, small amounts of Delta-9 can be extracted and concentrated from the hemp plant, which has less than 0.3% THC.

### Are Delta-9 products safe?

All Delta-9 products currently sold in Wisconsin are manufactured. These products aren't regulated. Their contents and strength aren't monitored, so there's no guarantee that they are safe to consume.

## Delta 8, Delta 10, & Other products

### What are other Delta products ?

Delta products such as Delta-8 and Delta-10 are newer products sold as a legal alternative to marijuana. They can produce a 'high' similar to Delta-9 THC.

### How are Delta products made?

Delta products are chemically removed or processed from the hemp plant or CBD. Because Delta products are not currently regulated, processing may happen in uncontrolled or unsanitary settings. This can introduce contaminants or potentially harmful substances and chemicals into the product.

### Are Delta products safe?

These products are not regulated. There is no guarantee of safety or concentration.



Edible cannabis products, like Delta-8, Delta-9, and HHC, are often marketed to look like name-brand candy, sold in fruity flavors, or use packaging that may appeal to children.

In states where cannabis has been legalized, accidental cannabis poisonings have increased, sometimes requiring visits to the emergency room or hospitalization.

*Centers for Disease Control and Prevention*

## HHC Products

### What is HHC?

HHC (hexahydrocannabinol) products are very closely related to THC. They can cause a 'high' similar to THC.

### How are HHC products made?

HHC is typically made synthetically, using a chemical reaction to turn Delta-8 into HHC.

### Are HHC products safe?

The manufacturing of HHC products aren't regulated, so the safety of an HHC product depends on the manufacturer. Right now, we don't know very much about the long-term effects of HHC on the body.

For more information, visit  
[www.CDC.gov/marijuana](http://www.CDC.gov/marijuana)  
[www.nida.nih.gov](http://www.nida.nih.gov)



Eau Claire City-County  
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