

# Delta-9-tetrahydrocannabinol (THC)

## What is THC?

Delta-9-tetrahydrocannabinol (THC) is the most well-known of over 100 cannabinoids that exist in cannabis plants. THC is the cannabinoid responsible for the “high” that users experience. THC is known to have some potential medical benefits, but these can come with unwanted side effects.

## What are the effects of THC?

- THC may help you to reduce:
  - Pain
  - Inflammation
  - Anxiety
  - Muscle spasms
  - Nausea
  - Loss of appetite
- Side effects or unwanted effects may include:
  - Excessive euphoria (feeling high)
  - Increased anxiety or paranoia
  - Impaired motor function
  - Shortened attention span

Effects can be altered by the specific product used, the size of the dose, how often you use it, and your past experience with cannabis.

## Is THC legal?

THC, like all components of the cannabis plant, is currently illegal under federal law. However, over 30 states in the US and the District of Columbia have approved its use for medicinal purposes. Each state has different laws and regulations, so be sure to follow your state’s rules.

## Be careful

If you experience unwanted side effects, stop using the product and contact your healthcare provider.