

DO YOU KNOW YOUR CANNABIS?

THC and CBD Potency Over the Years

CBD

0.28%



1995



0.52%



2000



0.28%



2010



0.12%



2022



THC

3.96%

5.34%

10.34%

16.4%

CONCENTRATED CANNABIS PRODUCTS, OFTEN SOLD AS DISPOSABLE VAPES, ARE WIDELY AVAILABLE WITH THC LEVELS AS HIGH AS **95%**

It's not just vapes. Edible cannabis is associated with increased risk of sudden delusions or paranoia leading to emergency department visits

Cannabis is made up of over 100 compounds called cannabinoids, but THC and CBD are the most well-known.

THC (Tetrahydrocannabinol)

The psychoactive component that causes the "high".

CBD (Cannabidiol)

The non-psychoactive component that does not cause a "high".



What do higher THC Levels and lower CBD levels mean for you?

THC potency greater than just 15% **can increase your risk of psychosis by 3X**

CBD has been found to help **reduce anxiety symptoms**

Higher THC potency can increase your risk of risk of developing **Cannabinoid Hyperemesis Syndrome (recurrent nausea, vomiting, and abdominal pain)**

Higher THC potency is associated with **increased risk of Cannabis Use Disorder**