

What is Delta 8-THC?

Delta 8-THC is a cannabinoid. Cannabinoids are natural chemicals found within the cannabis plant. Other well-known cannabinoids include tetrahydrocannabinol (THC) and cannabidiol (CBD).

THC and CBD gets lots of attention.

They're the two most-studied cannabinoids in the cannabis plant.

However, there are hundreds of other cannabinoids in the plant, and research is increasingly linking those cannabinoids to various benefits.

Most tetrahydrocannabinol (THC) in the cannabis plant is Delta 9-THC.

In fact, some use Delta 9-THC and THC interchangeably:

most THC is Delta 9-THC, so they don't bother to differentiate it.

When cannabis products list their dosage of THC, they're listing their dosage of Delta 9-THC.

THC – including Delta 9-THC – is the main psychoactive ingredient in the cannabis plant. It's the compound that causes you to feel high.

Delta 8-THC also gets you high – but to a lesser extent than Delta 9-THC.

Research shows Delta 8-THC could provide similar therapeutic benefits to Delta 9-THC – but without unwanted side effects.

The lack of psychoactive properties is important.

In studies, researchers gave Delta 8-THC to children with cancer,

for example, to reduce the risk of vomiting. In other studies,

mice treated with Delta 8-THC increased appetite – all without unwanted side effects linked to ordinary THC.

Some claim Delta 8-THC gives them a more clear-headed high,

allowing them to enjoy the benefits of CBD and the overall cannabis plant while still feeling productive and energized.

In non-medical terms, researchers linked Delta 8-THC to anti-nausea (antiemetic), anti-anxiety (anxiolytic), and pain relief (analgesic) benefits, among other effects. Delta 8-THC could stimulate your appetite. It could also protect brain cells thanks to its neuroprotective effects.

Researchers also found that Delta 8-THC “exhibits a lower psychotropic potency” than Delta 9-THC. It still gets you high, but you don’t get as high as you normally would taking the same amount of THC.

Early Delta 8-THC products on the market today are praised for their ability to deliver CBD-like benefits and a different type of “high” than ordinary THC.

Many users claim Delta 8-THC gives them a more clear-headed high, for example. Because Delta 8-THC is a form of THC, it still gets you high – but many people claim they don’t feel out of control. Some claim to feel energized and motivated after taking Delta 8-THC – not lethargic.

The most notable benefits linked to Delta 8-THC include:

- Stimulate appetite

- Help with pain and inflammation

- Eliminate nausea in cancer patients

- Enjoy a clearer-headed high compared to ordinary THC

- Enjoy CBD-like benefits in terms of anxiety, pain, and inflammation

- Could work topically (applied to the skin) or orally