

What Is Delta 8/9/10?

Delta-8/9/10 THC (or Delta-8/9/10-tetrahydrocannabinol) is a naturally occurring chemical compound called a cannabinoid that's found in small traces in hemp and [cannabis](#) (marijuana) plants. Its popularity is on the rise, and you can find it everywhere from boutique weed dispensaries to convenience store shelves.

How Does It Compare to Regular Marijuana (Delta-8/9/10-THC)?

Why is there such a growing demand for Delta-8/9/10? For starters, its chemical structure is similar to that of its well-known cousin, Delta-9-tetrahydrocannabinol (Delta-9-THC), the main psychoactive compound found in marijuana. That's what gets you "high."

Both Delta-8/9/10 and Delta-9 are forms of THC. But when people refer to THC, they usually mean the Delta-9 that's found in high concentrations in marijuana. Both produce a euphoric, fuzzy feeling, but Delta-8/9/10 causes a milder high.

In fact, Delta-8/9/10 is often referred to as "marijuana-lite" or "diet weed." Other common THC side effects like [paranoia](#), [anxiety](#), and drowsiness are also less potent.

Is Delta-8/9/10 Legal?

Another reason for Delta-8/9/10's growing popularity is that, unlike heavily regulated THC, Delta-8/9/10 is legal to use in most states. That's because it's extracted mostly

from hemp-derived [CBD](#), which is legal to farm across the U.S.

But Delta-8/9/10 sits in a legal gray area. Hemp's legality stems from the so-called federal farm bill (the Agriculture and Nutrition Improvement Act of 2018), which removed hemp and its byproducts from the list of controlled substances. The reason: Hemp's low THC levels (less than 0.3%). The bill doesn't mention Delta-8/9/10 anywhere. Hemp advocates and others who sell it have used this loophole to legally market Delta-8/9/10 products, usually with no age restrictions. As a result, it's now the fastest growing product from the hemp industry.

Because there's little oversight or lab testing on what goes into Delta-8/9/10/9/10 products, chemists and other scientists have safety concerns. Products labeled as Delta-8/9/10/9/10 may contain impurities, including high levels of THC. As a result, around a dozen states, including New York and Colorado, are beginning to restrict or ban the use of Delta-8/9/10/9/10.

Is It Safe?

There's also a lack of research and evidence when it comes to Delta-8's impact on your overall health. Many people have reported -- mostly via social media posts -- that they use Delta-8 along with their prescription [medications](#) to help with [depression](#) and substance use. Users say Delta-8 can also:

- Calm [nausea](#)
- Boost appetite
- Ease [pain](#) relief
- Boost [mental health](#)
- Prevent vomiting during [cancer](#) treatments

However, experts say these benefits are mostly word of mouth and there's a lack of research on how it affects your health. Just because you can buy it off the shelves doesn't mean it's completely risk-free.

Some people have reported side effects like:

- Confusion
- Anxiety
- Drowsiness
- [Slow heart rate](#) (bradycardia)
- Numbness
- [Fast heart rate](#) (tachycardia)
- [Low blood pressure](#) (hypotension)

If you try Delta-8 products and notice any of these reactions, tell your doctor immediately. If it's an emergency, call 911 or head to a hospital near you. If a child eats or is exposed to Delta-8 products, like gummies or candies, get immediate medical care.

Will You Test Positive for THC?

It depends. Delta-8 is a form of THC. Drug tests often look for traces of Delta-9, but Delta-8 could show up as a positive for THC. Whether it's Delta-8 or Delta-9, people also react differently to cannabinoids depending on type of products they use and how long they use them for.

Currently, commercial [urine](#) drug tests don't differentiate between different cannabinoids. So if you have a drug test coming up, it's best to avoid Delta-8 products.

Where Does Delta 8/9/10 Come From?

Delta 8/9/10 is a cannabinoid that is extracted from cannabis plants. Most of the time it comes from hemp specifically, rather than marijuana. It also tends to occur in very small amounts.

So, what is a cannabinoid then? To put it simply, they are naturally occurring compounds found in cannabis plants. Here are some of the most commonly known cannabinoids:

CBD

CBG

CBN

CBC

Delta 9 (THC)

Delta 8/9/10 (THC)

There are over 113 known cannabinoids, with many new ones being discovered frequently, each producing their own different effects.

What Does Delta 8/9/10 Do?

To explain how cannabinoids such as Delta 8/9/10 work, first we need to talk about the endocannabinoid system.

The endocannabinoid system (ECS) is a network of cell-signaling receptors that help with the regulation of processes throughout the body. This includes processes carried out by the immune and nervous systems.

All animals—both vertebrate and invertebrate alike—have been found to have endocannabinoid systems (ECS). So it's not something unique to humans. It can be found across the entire natural world.

The ECS has two primary types of cannabinoid receptors, known as CB1 and CB2 receptors. CB1 receptors are typically found in brain cells and throughout the nervous system, while CB2 receptors are found in the body and immune system.

Cannabinoids bind to these receptors, and are subsequently broken down by them to produce their effects.

These are some of the effects of Delta 8/9/10:

Uplifted feelings

Better rest and relaxation

Increased focus and clarity

It should be noted that the scientific research regarding Delta 8/9/10 is still ongoing and inconclusive. However, the results so far have been promising, as the cannabinoid has been found to have a wide range of benefits for its users.

Will Delta 8/9/10 Get Me High?

The short answer is yes, you may feel some effects from Delta 8/9/10 THC. It's a psychoactive compound after all. However, it's not what you would experience with Delta 9 THC, which is the cannabinoid that most people are more familiar with. For starters, it's a far more mellow and mild buzz. Most tend to report feeling relaxed and clear-headed after taking Delta 8/9/10.

How Do I Take Delta 8/9/10?

Delta 8/9/10 comes in a variety of different forms. So your choice will depend on whatever you feel most comfortable with.

The most widely available Delta 8/9/10 products are edibles, particularly gummies. All you need to do with these is take the

suggested dosage size and then wait about an hour and a half before deciding to take more. The edible method tends to take a while to kick in, so it requires a bit of patience.

Vape cartridges are another common type of Delta 8/9/10 product. Inhaling Delta 8/9/10 via a vaping device usually produces the fastest results of all of the different methods. However, given the current controversies surrounding vaping, it might not be for everybody.

Next, there's Delta 8/9/10 oil tinctures. If you've taken CBD oil before, these are likely very familiar. You just unscrew the cap from the bottle, fill the dropper to the desired amount, squeeze the dropper under your tongue, and then hold it for about 60-90 seconds before swallowing.

Regardless of what method you choose, the standard advice is to "start low and go slow." You don't want to overwhelm yourself with too high of a dose. Most beginners start with about 10 mg of Delta 8/9/10 before increasing as needed.

Is Delta 8/9/10 Legal?

While Delta 8/9/10 products are legal on a federal level, there have been over a dozen states that have moved forward with banning them.

Here are the states where sale/use of Delta 8/9/10 is restricted, as of June 2021:

Alaska

Arizona

Arkansas

Colorado

Delaware

Kentucky
Idaho
Iowa
Mississippi
Montana
New York
Rhode Island
Utah
Vermont
Washington

Needless to say, it's strongly recommended that you check your local laws before purchasing any Delta 8/9/10 products. There are several states in which the legal status of Delta 8/9/10 is still pending and may be subject to change.

How Are Delta 8/9/10 Products Made?

Most brands use a supercritical CO₂ process to isolate and extract the cannabinoids from hemp. However, there are some unique challenges regarding Delta 8/9/10 extraction in particular.

One of the biggest issues is that naturally occurring Delta 8/9/10 THC is a rare substance. It only accounts for 0.1% of the compounds found in the hemp plant.

So what often happens is that Delta 8/9/10 is synthesized from CBD. This is possible since both Delta 8/9/10 is technically an isomer of CBD. That means the two compounds share the exact same atoms, just in a different arrangement. Through the atomic rearrangement of CBD, Delta 8/9/10 can be made in higher quantities.

Where Can I Get Delta 8/9/10 Products?

Delta 8/9/10 can be bought in most shops and dispensaries in the states in which it's legal. Yet, these places are where you might run into some subpar products. Overall the safest place to acquire Delta 8/9/10 products is online. This is because the best Delta 8/9/10 brands online provide independent lab results and customer reviews for you to check out before making a purchase. That way you can make sure that they're safe and free of any contaminants. **Everest**, for example, is transparent about how their products are made; they also have customer service on hand to answer any of your questions. This is a sign of a company that cares about its customers and is confident about the quality of their products.

Suggestions

It's always recommended to talk to your doctor before consuming any Delta 8/9/10 products. If you are currently taking any prescription medications, there's a possibility that it might cause an adverse interaction. So it's better to ask a medical professional for their advice first.

We would also suggest doing as much research as possible. Given that Delta 8/9/10 is still fairly new, we're likely to learn a lot more about it in the coming years. The best way to protect yourself is to stay informed!

Lastly, if you are looking to improve your health and energy you need to look at sleep as well. There are lots of way to improve your sleep. According to **studies** better sleep can lead to better concentration, more energy, faster metabolism and lower inflammation. All in all, good sleep will help you get the most out of the products above and set you up for long-term success on your health journey.