



Does Delta-8 get you high?

Yes, Delta-8 does get consumers high, but it is often referred to as a milder high than its more famous cousin Delta-9 THC. Some marketers refer to it as “marijuana lite” for this reason, although the molecule doesn’t actually appear in the marijuana plant and has to be created in a lab.

It’s seen as milder because the Delta-8 molecule itself has a lower affinity to bind to cannabinoid receptors in the brain, which makes it less psychoactive than other cannabinoids.^[1] Users report feeling relaxed, sleepy, and forgetful after using Delta-8 products, which is a familiar description for those who consume marijuana. An important difference to keep in mind, however, is that “delta-8” products very often include delta-9 and other cannabinoids,^[2] plus additional chemicals that were used in the manufacturing process which is not yet fully researched.

^[1] Amber Smith, “Does Delta 8 Get You High?,” Discover, November 8, 2021,
<https://www.discovermagazine.com/lifestyle/does-delta-8-get-you-high>

^[2] The Unregulated Distribution And Sale Of Consumer Products Marketed As Delta-8 THC, US Cannabis Council, May 13, 2021,
<https://irp.cdn-website.com/6531d7ca/files/uploaded/USCC%20Delta-8%20Kit.pdf>