**The Differences Between CBD and Delta-8 THC**

The cannabis market is certainly teeming with various products, especially after having legalized cannabis in many states throughout the country. While cannabidiol (CBD) products have surely cemented themselves as some of the most well-loved items throughout the world, it comes as no surprise that cannabis products are still on the rise.

In just the past year or so, one of the hottest items to hit the market and make waves in the cannabis industry is no other than delta-8 THC. A new cannabinoid, delta-8 proves why it is here to stay and why it should be explored as well.

Delta-8 THC and CBD are vastly different from one another. If you are interested in learning more about the key differences between the two and how each of these can bring something to the table to improve your life, look no further. This article will let you in on these relevant information, so be sure to keep reading.

**Get to Know CBD**

Cannabidiol, more commonly known as CBD, is a cannabinoid usually found in cannabis. However, this can also be found in hemp plants.

It is touted as the non-psychoactive cousin of tetrahydrocannabinol or THC, the compound responsible for intoxicating users or bringing individuals to experience a different level of high. This means that by itself, cannabidiol cannot and does not have the capacity to cause a high or intoxication.

Because it does not produce a level of high or intoxication in users, it is considered legal under the 2018 Farm Bill. However, only cannabidiol products derived from hemp are allowed and provided that CBD items remain under 0.3% THC. Cannabis-derived CBD products, on the other hand, are considered illegal under the law.

CBD is available in various forms, the most popular of which is in oil form. There are, however, many other variations, including but not limited to edibles, extracts, vaporized liquids, capsules, and tinctures to name a few.

**The Health Benefits Associated with CBD**

There’s a reason why CBD remains highly in demand and perhaps even a staple in many households today. One of these is easing an individual’s level of stress and anxiety, and at times, even helping them through their depressive states or episodes. Apart from this, there are also claims that CBD is ideal for individuals dealing with post-traumatic stress disorder (PTSD).

In addition to the aforementioned health claims and benefits, there are also some studies that suggest that cannabidiol is effective in promoting better sleep, thereby helping those who suffer from insomnia and other sleep-related conditions improve their sleeping patterns.

More than this, many people usually take CBD to reduce or eliminate chronic pain and other debilitating conditions. This is also effective for treating and soothing inflammation, particularly those that are harder to address, such as inflammatory and neuropathic pain, arthritis, and the like. It can also aid in the treatment of those suffering from multiple sclerosis, particularly with its ability to improve muscle tightness and pain.

What’s more, there are also findings that CBD can help curb addiction levels of individuals who are under the influence of tobacco, drugs such as heroin or other opiates, and even alcohol.

As of writing, there is only one CBD product approved by the Food and Drug Administration for the treatment of two types of epilepsy. Called Epidiolex, this medication is derived from cannabis and is used primarily to lessen or stop the seizures experienced by epileptics.

**The Newcomer on the Block: Delta-8 THC**

CBD is pretty popular and it is definitely all over the market wherever you may look. But a newcomer has been making some pretty epic waves in the cannabis industry and we can thank delta-8 THC for this.

While delta-9 THC is the most commonly known cannabinoid out there, or what we usually refer to as marijuana or THC, delta-8 THC is a cousin that bears pretty interesting similarities between the two. On the one hand, delta-9 THC is known for its potent and high THC which accounts for the intoxicating and high effect in users.

On the other hand, delta-8 THC is an isomer of delta-9 THC. This means that the two have similar structures and atoms, but they do not necessarily produce the same effects. They differ in terms of molecular structure, with delta-8 THC having the double bond on its eighth carbon chain, thus the name. This configuration also means that it binds differently with our endocannabinoid system.

To put it quite simply, delta-8 THC is much less potent compared to delta-9. As a matter of fact, this has earned it the moniker “weed lite” or “marijuana lite.” It is also available in different forms, such as edibles and vape products, with each of these having varying recommended doses and potencies.

Similar to cannabidiol, delta-8 THC is also naturally occurring in both cannabis and hemp plants. The catch is that these appear in smaller concentrations, which is why many of the delta-8 products we see being sold on the market today are produced from hemp plants. Another reason for this may be because hemp plants are found to have lower levels of THC compared to cannabis plants.

**Effects Brought on by Delta-8 THC on the Mind and Body**

Marketed as “marijuana lite,” delta-8 THC still provides users with feelings of happiness and euphoria. Likewise, it can still produce a high, albeit on a much milder scale. Feelings of fuzziness that usually come with intoxication are also present, but these can depend on the potency and the dosage taken by an individual.

Delta-8 also has some therapeutic effects. These include having the capacity to relieve pain and improve symptoms of insomnia. However, these compounds are also less potent.

Because it is much less potent than delta-9 THC, side effects such as anxiety, paranoia, drowsiness, and the like are also less prevalent. In order to reach the effects that delta-9 produces in users, individuals would most likely need to take a higher dose of delta-8 THC.

Since it is synthetically produced due to its smaller amount in cannabis and hemp, there may be other contaminants that can affect not only the safety of the overall product, but also the purity and potency of the drug.

**Why Many People are Keen on Trying Delta-8 THC**

Even though delta-8 still contains a higher percentage of THC compared to cannabidiol, this is still allowed to be sold and consumed in the market primarily due to a loophole within the 2018 Farm Bill. As you might know, the bill in question made hemp and hemp-derived products legal in the United States. This means that products that come from hemp, including the majority of delta-8 THC products, can still be allowed to exist today.

Many people are interested in trying out delta-8 primarily because it is less potent. This means that individuals can avoid that much-dreaded high, and by extension, create a much more pleasurable and euphoric experience.

Moreover, since this can cause fewer negative effects, such as paranoia or anxiety, there are individuals who may opt for this choice today. After all, it offers not only a milder high, but also a generally smoother experience for users.

**Key Differences Between CBD and Delta-8 THC**

From what you have read, you may have already seen some similarities and differences between CBD and delta-8 THC. Some of these similarities include the availability of sources, with both cannabidiol and delta-8 being naturally occurring in cannabis and hemp plants.

Both of these cannabinoids also provide certain benefits to users, including extending therapeutic and calming properties.

The main difference between the two is that delta-8 THC is still psychoactive, while cannabidiol is not. Although the THC content of delta-8 is significantly lower compared to delta-9, the potency still exceeds the amount usually observed in cannabidiol products, which is 0.3%.

Another difference that is prevalent between the two is the way they bind or interact with the endocannabinoid system.

On one hand, delta-8 binds with the CB1 receptor of the body in the way that delta-9 THC does, but it elicits a different interaction. However, there are still few studies that acknowledge its bond with CB2 receptors. This difference in interaction plays a role in the way the THC is received in the body, which is less potent in the case of delta-8.

Meanwhile, CBD, although it has the capacity to interact with the CB1 and CB2 receptors of the endocannabinoid system, it does not readily bind with it. As such, it does not cause mind-altering results, and instead, highlights the therapeutic and medical benefits it offers users.

**Final Thoughts**

CBD and delta-8 THC each have their own advantages. It is up to you to determine what you need and what you want to experience. For those in need of therapeutic effects, choosing cannabidiol can be a worthwhile option as it can relieve pain and inflammation, as well as improve sleeping patterns.

However, if you want a more recreational yet milder THC experience, you may want to try out delta-8 THC for yourself as it creates that beautiful sensory euphoric feeling instead of leaving you high and intoxicated.

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