



## **COALITION FOR ADULT BEVERAGE ALTERNATIVES: TOP FAQ LIST**

### **Are these THC beverages legal?**

Yes. THC (also known as D9) derived from the hemp plant is federally legal.

### **Is THC intoxicating?**

Yes. THC is an intoxicating substance and should be consumed responsibly.

### **What dosage should you start at if you're new to THC beverages?**

Start low and slow. 2.5mg or less is a good place to start and will create a 'sessionable' buzz similar to a single beer, glass of wine, or one shot (1.5oz) of liquor. The average consumer\* will enjoy between 5mg and 10mg of THC per drinking occasion.

### **When will you start to feel the effects?**

Similar to other adult beverages, you should begin to feel the effects within 10 – 20 minutes of consumption. The effects will fade after about 60 – 90 minutes.

### **How many of these beverages should you have at once?**

While the tolerance will vary, the average consumer\* will enjoy a total of 5mg to 10mg of THC per drinking occasion. Start low and slow; take the time to learn your tolerance and what dosage creates an enjoyable experience for you.

### **Will this show up on a drug test?**

Yes, if there is THC in a beverage it will show up on a drug test.

### **Do THC beverages also contain alcohol?**

No. THC beverages are an adult beverage alternative and legally cannot contain alcohol.

### **How old do you need to be to purchase THC beverages?**

THC beverages are strictly for adults 21+.

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### **What is the difference between hemp-derived D9 THC and marijuana-derived D9 THC?**

The only difference is the origin of the THC. The potency and effect will be the same.

\*Consumer THC tolerance will vary. It's important for each individual to learn their THC tolerance and limits so they can have enjoyable and repeatable experiences.



## **INTERNAL NOTES OR ADDITIONAL CONTEXT:**

### **What are cannabis-infused beverages?**

Cannabis-infused beverages are drinks that have been infused with cannabinoids, the active compounds found in the cannabis plant. These beverages can include a variety of cannabinoids such as THC (tetrahydrocannabinol), which is psychoactive (or intoxicating) and provides the "high" described by consumers, and CBD (cannabidiol), which is non-psychoactive and known for its potential therapeutic benefits.

They are formulated to mirror the experience of an adult beverage while providing the effects of cannabis in a more discrete and socially acceptable manner.

### **Are THC beverages legal to sell in outside of dispensaries?**

Yes. THC (also known as D9) derived from the hemp plant is federally legal. Under the 2018 Farm Bill, hemp and hemp-derived compounds, including CBD and hemp derived THC, were federally legalized. The bill defines hemp as any part of the cannabis plant with a delta-9 THC concentration of not more than 0.3% by dry weight. This makes beverages infused with hemp-derived cannabinoids legal at the federal level.

### **As a first-time consumer, what should I know before trying cannabis beverages?**

#### **1. START LOW, GO SLOW**

Learn your tolerance\* by starting with a low dosage, up to 2.5mg, and gradually increase as needed until you achieve your desired experience. The average consumer\* will enjoy between 5mg and 10mg of THC per drinking occasion.

#### **2. CONSUME RESPONSIBLY**

Once you've established your tolerance, know and set your limits for consumption to avoid undesirable experiences. Don't drive or operate heavy machinery while under the influence.

#### **3. CONSISTENT EXPERIENCE AND DURATION**

You should begin to feel the effects within 10 – 20 minutes of consumption. The effects will start to dissipate after approximately 60-90 minutes\*. The total duration and consistent onset/offset times are comparable to other adult beverages, making this a sessionable and predictable delivery method for THC.

#### **4. DOSAGE/EXPERIENCE**

Start low and slow. 2.5mg or less is a good place to start and will create a 'sessionable' buzz similar to a single beer, glass of wine, or one shot (1.5oz) of liquor. The average consumer\* will enjoy between 5mg and 10mg of THC per drinking occasion.

### **Are there any age restrictions for purchasing THC beverages?**



THC beverages are adult beverages for consumers 21+.

### **What are the typical THC and CBD contents in these beverages?**

The THC and CBD content in cannabis-infused beverages can vary widely depending on the brand and market regulations. In general, the THC dosage ranges from 2.5mg to 10mg per single use package. Common ratios of THC to CBD are often 1:1 or 1:2, but will vary by brand and market. Dosages should be printed clearly on the front of the packaging.

### **What is the best way to serve THC beverages?**

The best way to serve THC-infused beverages can depend on the type of beverage and personal preference, but here are some general guidelines to enhance an experience:

Most THC beverages are best enjoyed chilled. This enhances their flavors and makes them more refreshing, particularly for sodas, sparkling waters, seltzers, juices and teas. THC beverages can also be added to mocktails to enhance the experience.

### **What storage conditions are ideal for THC beverages?**

To maintain the quality and efficacy of infused beverages, they should be stored in a cool, dark place, but avoid freezing. Freezing could lead to the separation of ingredients, similar to other beverages, which may impact the experience. After opening, THC beverages should be kept refrigerated.

### **How do THC beverages compare to edibles and traditional alcohol?**

THC beverages are becoming increasingly popular as an alternative to traditional edibles and alcoholic beverages, partially because of their ability to blend into social settings.

THC beverages offer a faster onset and more consistent experience than traditional edibles, which makes beverage a more approachable method of consumption for new consumers. With an onset time of 10 – 20 minutes and a 60 – 90-minute experience, THC beverages offer a repeatable, sessionable experience that is similar to other adult beverages.

### **Is it safe to consume THC beverages while pregnant or breastfeeding?**

Do not consume cannabis while pregnant or breastfeeding. The American College of Obstetricians and Gynecologists (ACOG) and the American Academy of Pediatrics (AAP) recommend that women avoid using cannabis in any form during pregnancy and while breastfeeding.

### **Are THC beverages evaluated by the Food & Drug Administration?**

Currently the Food & Drug Administration (FDA) does not regulate THC beverages, but most THC beverages have posted 3<sup>rd</sup> party Certificates of Analysis available to consumers that verify the product's potency and quality. Most beverage brands are working with manufacturers that are already compliant with FDA and Alcohol & Tobacco Tax & Trade Bureau (TTB, which regulates the alcohol industry) regulations in anticipation of their future jurisdiction over the



category.

### **Are there any side effects associated with THC beverages?**

Yes, consuming THC can lead to various side effects, which are not specific to the beverage format. The severity and type of side effects can vary based on the individual's tolerance and the amount of THC consumed. Here are some common side effects associated with the consumption of THC\*.

- **Impairment / Altered Perception**
- **Dry Mouth**
- **Red Eyes**
- **Anxiety or Paranoia**
- **Nausea**
- **Appetite Changes**, also known as "the munchies"

\*Consumer THC tolerance will vary. It's important for each individual to learn their THC tolerance and limits so they can have enjoyable and repeatable experiences.

**Why are some consumers using THC beverages to support a healthier lifestyle?** Consumers are more mindful of what they put in their bodies than ever before and the reasons they may incorporate THC beverages into their healthier lifestyles may vary. Here are a few most common reasons:

- **New adult beverage alternative** – Functional and non-alc beverage have been growing in popularity with consumers over the last few years. THC beverages offer an alternative that tastes great and also has a sessionable, psychoactive (or intoxicating) effect.
- **Mood Enhancement** – THC beverages can also create a calming and uplifting effect while improving the consumer's overall mood.
- **Diet/Reduce calorie intake** – Many of these beverages are lower in calories and sugar than a cocktail, beer, or glass of wine, making them a great adult beverage alternative for those looking to balance their diet.

### **What are the labeling and packaging standards for these products?**

Labeling and packaging standards for THC beverages vary by market, but generally include several key elements to ensure safety, compliance, and informed consumption. It's best practice to apply existing food & beverage packaging standards to maintain consistency for consumers familiar with adult beverages.

Here's an overview of common requirements:

- **THC Content:** Labels must clearly state the amount of THC, CBD, and other



cannabinoids per serving and per total package.

- **Ingredients:** All ingredients used in the beverage, including additives and preservatives, must be listed clearly.
- **Nutritional Panel/Information:** Like other consumable products, cannabis beverages often require nutritional labeling, including caloric content, sugars, and potentially fat and sodium levels.
- **Warnings:** Labels must include health and safety warnings about the effects of THC consumption, including that these products should not be consumed by pregnant or breastfeeding women.
- **Age Restriction:** A clear statement or symbol that the product is intended for adults of legal consumption age 21 and over)
- **Batch or Lot Number:** This allows for traceability of the product back to its production batch, which is crucial in the event of a product recall.
- **Expiration Date:** The product's shelf life must be displayed to ensure consumers enjoy it while it's still effective and safe.
- **Manufacturer Information:** Contact information of the manufacturer or distributor must be on the label.
- **State-Specific Requirements:** Some states may have additional labeling requirements such as state-specific warning logos and QR codes linking to regulatory information or lab test results.
- **Universal Symbols:** In many regions, a standardized cannabis symbol is required on the packaging to indicate that the product contains cannabis.
- **Not Appealing to Minors:** Packaging and labeling should not include images or language that appeal to children, such as cartoons, characters, or misleading descriptions.
- **Restrictions on Health Claims:** Claims about health benefits must be carefully regulated to avoid misleading consumers. Only approved claims with accredited research studies proving the efficacy can be used in labeling or marketing materials.