

# MARIJUANA MYTHS

Think you know about marijuana use in the Military?

## Find out what's MYTH and what's FACT!

- MYTH:** Recreational marijuana is legal in my state so I can use it without any consequences.

**FACT:** Military personnel are not allowed to use marijuana regardless of state, district or territorial laws, including for medical use.

Military Service members caught using, possessing, growing or distributing marijuana can be punished under Article 112a of the Uniform Code of Military Justice (UCMJ). The UCMJ applies to all Military Service members, regardless of world-wide location.
- MYTH:** There is no problem with Military Service members eating energy bars and yogurt that contain hemp seeds.

**FACT:** Any product with hemp in it may put your career in jeopardy.

Hemp is a plant that naturally contains tetrahydrocannabinol (THC), which is the psychoactive ingredient in marijuana. There is no standard regulation for hemp seed products. Read the ingredients on food you eat and check your Service policy to avoid being punished under the UCMJ.
- MYTH:** It's fine to use cannabidiol (CBD) oil because I can buy it legally at the store or online.

**FACT:** Military Service members can be punished under the UCMJ for using any type of CBD.

Although you can buy CBD in many forms such as oils, sprays and gummies, it is illegal for Military Service members to use.
- MYTH:** E-cigarette liquid infused with CBD is safe to use if it doesn't contain other ingredients.

**FACT:** Currently, there is no way to know for sure what you are putting in your body when you use e-cigarettes and/or e-liquids. E-liquids may contain harmful or illegal chemicals that could hurt your health and career.

Vape oils that contain synthetic CBD have caused seizures, unconsciousness, vomiting, racing heart and other negative side effects in Military Service members.

