

# HIGH POTENCY MARIJUANA



## NOT YOUR GRANDPA'S HIGH!

The marijuana plant in the **1960s averaged 1% THC** (delta-9-tetrahydrocannabinol, the psychoactive ingredient in marijuana). The average THC content in dispensary marijuana is **20% in 2025**, and some strains hit **40%**. THC concentrates and extracts, such as wax, oil, and shatter, average **60%** in a dispensary, and some distillates and crystals **can reach nearly 100% pure THC**.



## CAN YOU OVERDOSE ON MARIJUANA?

**YES!** An overdose could have an impact mentally, affect the heart, and lead to pale skin. **Signs and symptoms** of marijuana overdose might include:

- **Extreme anxiety or panic attacks.**
- **Psychotic reactions**, in which someone loses touch with reality or becomes paranoid, sometimes in the form of hallucinations, delusions, or a loss of personal identity.
- **Decreased judgment, perception, and coordination** that can lead to injuries or even death.
- **A fast heart rate, chest pain, or heart attack.**
- **Uncontrollable shaking or seizures.**
- **Pale skin color.**
- **Unresponsiveness.**
- Sudden **high blood pressure** with **headache.**

**When symptoms are severe, get medical attention—call 911 or drive to the nearest emergency room—to ensure that the person overdosing is monitored for complications and dangerous side effects.**

**Noticeable side effects of smoked marijuana may last for 1 to 3 hours, while the effects of marijuana consumed in food (known as edibles) or drink may last for several hours.**

<https://drugabuse.com/drugs/marijuana/overdose/>

**These symptoms may be caused by use of THC:**

- **HALLUCINATIONS**
- **DELUSIONS**
- **PARANOIA**
- **MOOD CHANGES**
- **SUSPICION**
- **ODD MOVEMENTS**
- **SUICIDAL THOUGHTS**
- **MANIC BEHAVIOR**
- **AGGRESSION**
- **OVER-PERSONALIZING**
- **SCHIZOPHRENIA**

\*Schizophrenia is **5x** more likely in cannabis users.

For more details on marijuana or other drugs, plus tips on how to talk to your family about substance use, scan the QR code below or visit [carlsbadcoalition.com/resources](https://carlsbadcoalition.com/resources)

