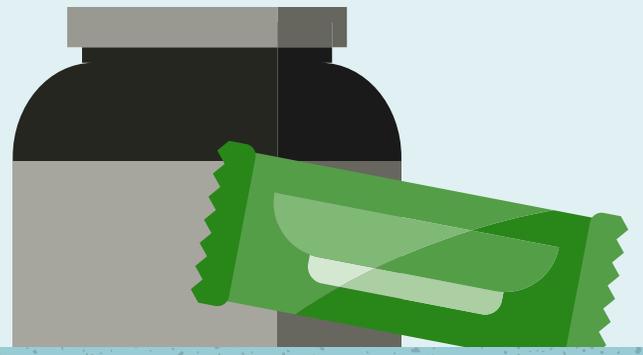


# Pause! Is There Hemp in That?



Although hemp may be found in products that are sold at the commissary, local markets or retail stores, **most hemp products are prohibited for Active and Reserve Component members to eat or use.**

## Here's What You Need to Know

- 1.** Hemp comes from the cannabis plant and can be used to produce materials and food.
- 2.** [DOD and Service-level policies](#) prohibit Service members from eating and using products made or derived from hemp, no matter the claimed or actual THC levels.
- 3.** Durable goods like rope or clothing, however, are not included in this policy and are okay to use.
- 4.** Some products may clearly state that they contain hemp, but some may not.

**Beware of these common products that contain hemp:**



Hemp milk



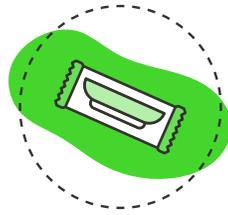
Chips or crackers



Hand sanitizer



Protein powder



Granola or energy bars



Shampoo or conditioner



Lotion or soap

## How to Protect Yourself

It's your responsibility to look out for products that might contain hemp before you use them.

### ONE

Read the ingredients to see if it contains hemp parts (like hemp seeds and oil).

### TWO

Ask if it contains hemp.

### THREE

If you're not sure whether it contains hemp, steer clear.

**Remember – it's not worth the risk.**

**TOO MUCH  
TO LOSE**

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ON RISKY DRUG USE**

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