

# HEMP & CBD PRODUCT FACT SHEET

**SAILORS ARE PROHIBITED FROM USING HEMP-DERIVED PRODUCTS, INCLUDING CBD, FOR WHICH THEY DO NOT HAVE A VALID PRESCRIPTION, REGARDLESS OF THE PRODUCT'S CLAIMED OR ACTUAL THC CONCENTRATION AND REGARDLESS OF WHETHER THE PRODUCT WAS LAWFULLY PURCHASED OR USED UNDER THE LAW THAT APPLIES TO CIVILIANS.**

## BACKGROUND

In December 2018, the Agriculture Improvement Act of 2018 ("2018 Farm Bill") was signed into law, allowing hemp cultivation and the interstate transfer of hemp and hemp-derived products. Hemp is defined in the legislation as a cannabis plant containing no more than 0.3% of the compound tetrahydrocannabinol, or THC, which is associated with the psychoactive ("high") effects of marijuana use. The term "marijuana" is used to describe cannabis plants containing more than 0.3% THC.

Commercially available hemp-based products, including but not limited to cannabidiol (CBD) pose the potential risk of exposure to THC. Additionally, cannabidiol, which may be derived from hemp, could contain THC.

Hemp and CBD products sold commercially have not been reviewed by the Food and Drug Administration (FDA) under the safety and effectiveness standards that apply to drug products. While currently deemed legal for civilians in some states, all hemp and CBD products are strictly prohibited for use by Sailors. The only exception is for valid prescriptions from a Department of Defense-authorized medical provider.

## FREQUENTLY ASKED QUESTIONS

**Q:** *I'm stationed in a state with legalized recreational marijuana. Am I allowed to use marijuana or CBD products?*

No. The local law does not apply to Sailors as it relates to these substances, and the 2018 Farm Bill did not affect Navy policy which is zero-tolerance. Failure to comply with this prohibition is a violation of the Uniform Code of Military Justice. Using these products could result in a THC-positive urinalysis, which can negatively impact your Navy career and future benefits.

**Q:** *Am I allowed to use CBD products that are labeled "THC-free?"*

No. CBD products are not allowed under Navy's drug policy. These products are not regulated or inspected by the FDA, so they may still contain THC even if their labels claim otherwise.

**Q:** *What would happen if I am accidentally exposed to something that has CBD in it and then test positive for THC?*

It is your responsibility to know what is in the products or foods you consume. Accidental ingestion is not a legitimate excuse for a drug positive urinalysis. Unless you have a valid prescription to justify a positive result, you are subject to the full range of consequences from any drug positive urinalysis result.

## FAST FACTS

- *Navy's policy is "zero tolerance."*
- *Navy's drug policy was not affected in any way by the 2018 Farm Bill, so any product derived from hemp or marijuana is still prohibited.*
- *Commercially-sold CBD products may contain THC, which could cause a positive drug test.*
- *A positive drug test can result in separation from the Navy and threaten access to future veterans' benefits.*
- *ALNAV 074/20 removes the exception for topical hemp-based product use as stated in the superseded ALNAV 057/19.*



For help with a substance or alcohol use issue, contact your local DAPA or call 1-866-U-ASK-NPC. SAMHSA's National Helpline is available at 1-800-662-HELP (4357). More info at [www.ddd.navy.mil](http://www.ddd.navy.mil)