

THC DRINKS & ALCOHOL

DOUBLE IMPAIRMENT. REAL RISKS.

! LOOKS LIKE SODA. HITS LIKE A DRUG.

WHAT IS A THC DRINK?

THC drinks are beverages infused with THC, the psychoactive ingredient in cannabis.



	THC DRINKS	THC + ALCOHOL (Co-Use)
Reaction Time	Slower reflexes	Much slower reflexes
Thinking & Focus	Harder to concentrate	Confused, poor decisions
Memory	Short-term memory drops	Memory gaps/blackouts
Body Effects	Drowsy, anxious for some	Nausea, vomiting more likely
Awareness of Impairment	You feel high	You feel less impaired than you really are
Dose Control	Hard to tell when it hits	Impossible to gauge impairment
Onset Time	30-120 minutes & can take more	Alcohol hits faster + THC hits later = stronger crash & can last longer
Sports & Gaming	Slower performance	Much worse coordination & timing
Driving Risk	Unsafe to drive	Unsafe to drive & highest crash risk
Risk Level	High	Much higher

DOSE REALITY

Low dose = 5 mg THC
 Some drinks = 100–200 mg THC
One can could equal 20–40 doses.
 Sweet flavors hide high THC.

WHY MIXING IS DIFFERENT

Alcohol hits first. THC hits later.
 They stack, not balance.
Result: More vomiting
 More blackouts
 Worse decisions

REAL LIFE IMPACT

- Slower gaming
- Worse sports
- Fail drug tests
- Riding with someone who mixed = *real danger*

BOTTOM LINE

Most teens aren't using THC drinks.
 Marketing makes it look normal — it isn't.
Knowing the real effects = making your own call.

Poison Control: 1-800-222-1222



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