Law Enforcement Guide to Consumable Hemp Products

This guide is provided to law enforcement agencies as a quick-reference tool to assist in identifying potentially compliant and non-compliant consumable hemp products in Iowa.

This guide addresses compliance with Iowa's consumable hemp requirements and is not intended to replace applicable Iowa law or agency procedures. Product labeling alone may not establish whether a product is compliant. Contact the Iowa HHS Bureau of Cannabis Regulation when product compliance is uncertain.

Quick Compliance Check

Step	Check the Product	What to Look For	If Yes
1	Is the product intended for inhalation?	Vape cartridges, disposable vapes, pre-rolls, or other inhalable products	Non-compliant
2	Is it raw hemp flower or bud?	Flower/bud, including products marketed as “THCa flower”	Non-compliant
3	Does it contain a prohibited cannabinoid or adulterant?	Delta-8, Delta-10, HHC, THC-P, THC-O, muscimol, kratom, or similar ingredients	Non-compliant / Contact HHS if uncertain
4	Does it exceed Iowa THC limits?	More than 4 mg total THC per serving, 10 mg per container, or 0.3% total THC by dry weight	Non-compliant
5	Is it a liquid product under 12 fl oz?	Liquid consumable hemp products in containers smaller than 12 fl oz	Generally non-compliant
6	Is it a lipid-based tincture?	Lipid/oil-based tincture under 12 fl oz that does not exceed 10 mg total THC	Permitted exception may apply

Generally Compliant Products

- Edible products that do not exceed **4 mg total THC per serving** or **10 mg total THC per container**.
- Beverages containing no more than **4 mg total THC per 12 fluid ounces**, with a minimum container size of **12 fluid ounces** and no more than **10 mg total THC per container**.

- Products containing no THC, such as products containing only CBD, CBG, or CBN, which are not subject to the THC serving or container limits identified above.
- Lipid-based tinctures containing less than 12 fluid ounces that do not exceed **10 mg total THC per container**.

Important

- Terms such as “hemp-derived,” “Farm Bill compliant,” or “not for human consumption” do not independently establish that a product complies with Iowa law.
- When the cannabinoid, THC concentration, product type, or applicable exception is unclear, contact HHS for assistance.

Examples of Non-Compliant Products

THCa Flower

Why it is non-compliant:

- Raw flower or bud is not a compliant consumable hemp product. Products marketed as “THCa flower” may also exceed the applicable 0.3% total THC limitation.

What to look for:

- “THCa flower,” “hemp flower,” strain names, cannabinoid percentages, or statements such as “not for human consumption.”



Hemp Vapes and Other Inhalable Products

Why they are non-compliant:

- Consumable hemp products intended for inhalation are prohibited, including hemp vape cartridges and disposable vapes, regardless of whether they contain THC, CBD, or synthetic/semi-synthetic cannabinoids.

What to look for:

- Vape cartridges, disposable vapes, pre-rolls, cigarettes, cigars, or other products intended to be smoked, vaporized, or inhaled.



Liquid "Shooters"

Why they are non-compliant:

- Liquid consumable hemp products generally must contain at least 12 fluid ounces. The pictured product is below the minimum liquid container size and also exceeds the applicable THC limitation.

What to look for:

- Small bottles marketed as THC "shots," "shooters," syrups, or similar concentrated liquid products.



Adulterated Products

Why they are non-compliant:

- Consumable hemp products combined with substances such as amanita muscaria, muscimol, or kratom are considered adulterated. The pictured product contains muscimol and also exceeds applicable THC serving and container limits.

What to look for:

- Products combining hemp-derived cannabinoids with mushroom-derived ingredients, muscimol, kratom, or other added substances.



Synthetic or Semi-Synthetic Cannabinoids

Why they are non-compliant:

- Consumable hemp products containing synthetic or semi-synthetic derived cannabinoids are prohibited.
- Examples include Delta-8 THC, Delta-10 THC, Delta-11 THC, HHC, THC-P, THC-O. This list is illustrative and is not intended to identify every potentially prohibited cannabinoid.

What to look for:

- Unfamiliar THC variants, analogs, or cannabinoid names prominently displayed on product packaging. Contact HHS when the identity or regulatory status of a cannabinoid is uncertain.





Products Exceeding THC Limits

Why they are non-compliant:

- Consumable hemp products may not exceed:
  - 4 mg total THC per serving
  - 10 mg total THC per container
  - 0.3% total THC by dry weight
- Products advertised with substantially higher THC amounts, such as the pictured 300 mg THC gummies, are non-compliant.

What to look for:

- THC amounts displayed on the front or back of the package, including THC amounts identified per serving, per piece, or for the entire container.



When Product Compliance Is Unclear

A product's appearance or marketing claims may not provide enough information to determine compliance. When appropriate, review available product labeling for:

- Product type and intended use
- Cannabinoid ingredients
- THC amount per serving
- THC amount per container
- Container volume for liquid products
- Manufacturer or brand information

Contact the Iowa HHS Bureau of Cannabis Regulation when additional assistance is needed to determine whether a consumable hemp product complies with Iowa requirements.

- **Phone:** 1-877-214-9313
- **Email:** Consumable.hemp@hhs.iowa.gov