



WHAT IS DABBING?

Dabs are marijuana extracts (shatter, wax, budder are some examples) made by pouring a solvent such as butane, ethanol, propane, or carbon dioxide over marijuana, which allows THC to leave the plant material and dissolve into the solvent.

This concentrated THC solution is then filtered and placed in a tray. The result of the extraction is sticky oil that typically appears bronze in color. It's not a plant and is highly potent, containing up to 99% THC. Dabs are typically heated on a hot surface and the vapors are inhaled through a dab rig or dab pen.¹

THESE ARE THE RISKS



Because dabbing involves using marijuana with a much higher THC concentration, its physical and psychological effects may be more severe.²

Higher doses of THC are also more likely to produce anxiety, agitation, paranoia, and, at the most extreme level, cannabis-induced psychosis.³



Dabbing can also lead to the individual inhaling benzene, rust, and/or offgassing solder, which are associated with long-term health dangers. Studies have also found that over 80% of the cannabis concentrates evaluated were contaminated with pesticides and/or residual solvent.⁴

MORE INFORMATION



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D·B·H·D·D

1. [THC Research • Johnny's Ambassadors. \(n.d.\). Johnny's Ambassadors. Retrieved February 13, 2024, from https://johnnysambassadors.org/research/](#)
2. [What Is a Dab and How Is It Abused? \(n.d.\). Laguna Treatment Hospital. https://lagunatreatment.com/drug-abuse/marijuana/what-is-a-dab/](#)
3. [Weinstein, T. \(2023, February 17\). My Daughter or Son Is Dabbing: What Should I Do? Newport Academy. https://www.newportacademy.com/resources/substance-abuse/son-is-dabbing/#:~:text=Dabbing%20effects%20on%20the%20brain](#)
4. [Raber, J. C., Elzinga, S., & Kaplan, C. \(2015\). Understanding dabs: contamination concerns of cannabis concentrates and cannabinoid transfer during the act of dabbing. The Journal of toxicological sciences, 40\(6\), 797–803. https://doi.org/10.2131/jts.40.797](#)