

Mystic Labs Delta 8

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There's a good possibility that "THC" is the first thing that comes to mind when you hear the term "marijuana."

Which one, though?

Perhaps you're a seasoned cannabis user, or perhaps CBD is more recognizable to you. Whatever the case may be, you may have only lately learned that there are two types of THC: [Delta-8 and Delta-9](#).

[Delta-9 THC](#) is the most commonly connected form of THC with marijuana, and it's renowned for producing a high that includes feelings of euphoria, relaxation, and increased hunger. Delta-8, on the other hand, is a completely legal substance derived from hemp.

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But how does Delta-8 make you feel?

[How Does Delta-8 Make You Feel?](#)

Many of us are familiar with THC's effects on the mind and body, as well as how it feels.

Marijuana products are well-known for altering our sense of time and how we see our surroundings. It's also recognized for making certain aspects of our daily lives more joyful, such as watching a movie, listening to music, or being outside.

But this isn't exclusive to marijuana; it happens with all types of THC, including Delta-8.

So, what distinguishes Delta-8 from Delta-9?

In general, most users claim that Delta-8 has a mellow, smoother effect than Delta-9, and that it is less prone to cause anxiety. It's also recognized for having a stronger body high, meaning you'll feel the effects on your body rather than on your mind, allowing you to have a more clear-headed, relaxing experience.

Effects of Delta 8 by Dose: THC comes in three strengths: low, moderate, and high. The higher the dose, the stronger the effects. The overall results, however, can vary depending on the dose taken.

We've broken down Delta-8 into three dosage tiers: low, moderate, and high.

Low doses (between 5 and 20 mg)

Delta-8, when taken in small doses, can produce a stimulating high without the jitters that caffeine causes. Delta-8, on the other hand, appears to melt tension away while softly inviting the conscious to expand.

[Delta-8](#) is particularly useful for jobs that are repetitious or demand deeper thought, such as studying, repetitive duties, and creative activity.

It's crucial to note, however, that this is only true for modest doses. If you take too much, you may get overly relaxed, which will reduce your productivity.

Doses in the moderate range – 20-50 mg

In general, this is the most popular range for those utilizing Delta-8 to relax.

Delta-8, when taken at a reasonable dose, resembles the classic high associated with marijuana, but with a little more room for a clear head.

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Some users claim that a moderate amount of Delta-8 can stimulate creativity, induce euphoria, and completely relax the body.

Delta8 has also been said to make users more responsive to imagery and music, and it may even allow you to see things differently.

It's also at this dosing range that the munchies are most likely to strike.

Doses exceeding 50 mg are considered high doses.

Users should only take more than 50 mg of THC if they have prior experience with the drug and are comfortable with how it makes them feel at all dosage levels.

When most people consume more than [50 mg of Delta 8](#), the effects can be virtually hallucinogenic. While it won't cause you to have delusions or hallucinations, it will cause a significant alteration in your vision. Individuals who take a large dose may also have a distorted perception of time—for some, time may seem to slow down significantly, while for others, the opposite may be true.

Overall, Delta-8 is most recognized for producing a sedative effect when taken in high doses, which may or may not suit your needs.

That's why it's critical to understand Delta-8 THC and how it affects you before increasing your dosage.

When you take too much Delta-8, how does it make you feel?

If you use too much Delta-8 THC, the foregoing effects may become more pronounced, making the experience feel more unpleasant than positive.

When consumed in high dosages, Delta-8 THC can be quite relaxing and comforting, which is appealing to many people.

But, of course, not everyone likes this impact. As previously said, some people utilize Delta-8 to feel more concentrated and enter a creative mindset.

When you consume too much Delta-8 THC, the most common side effects are tiredness and poor energy, and in high enough doses, you might even fall asleep!

Delta-8 THC can cause a variety of adverse effects when consumed in high dosages, including:

Dizziness

Headaches

Heart rate has increased.

Attention span is limited.

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Anxiety

Is it possible to have a bad trip on Delta-8?

Is it possible to have too much Delta-8 and have a miserable trip?

Let's discuss about what a horrible vacation is before we answer this question.

When a psychoactive substance produces an unpleasant experience, it is referred to as a bad trip. While unpleasant trips are more commonly linked with psychedelics such as psilocybin and LSD, THC can also cause them.

Is Delta-8 THC capable of giving you a poor trip?

Most likely not.

It's worth noting that Delta-8 THC is just around half the [strength of Delta-9 THC](#).

How Does Delta 8 Make You Feel? Final Thoughts

There are two major types of THC: Delta-8 and Delta-9, as you may know.

Both substances are similar in that they both produce sensations of relaxation, exhilaration, and a subtle shift in our perception of our surroundings.

Delta-8, on the other hand, is the mellower of the two. While it produces euphoric, pleasurable feelings and promotes relaxation, it is not as sedative as Delta-9 THC and is less prone to cause anxiety-like adverse effects. As a result, it's become a popular choice among clients, particularly among individuals who are known to have negative reactions to marijuana and Delta-9.

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