

CRIME PREVENTION

ALERT | JANUARY 22, 2026

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Hemp Found in Popular Protein Bar and Other Products

Avoid Consuming Hemp Products

Hemp seeds, hemp seed oil, and hemp protein powders processed from seeds are marketed as plant based protein sources containing amino acids, healthy fats and fiber. This type of plant-based protein can be found in energy bars, granolas, shakes and other foods.

Mislabeled Ingredients

Some products are advertised as 'containing hemp' while others are labeled 'hemp-derived' or 'legal.' Studies have shown inconsistencies in labeling with higher concentrations of THC and cannabinoid ingredients in products. Multiple scientific studies have highlighted inconsistencies between product labels and actual of THC/cannabinoids contents in several products which have resulted in higher concentrations or inclusion of unlisted cannabinoids.

- In November 2025, a popular protein bar was being sold at a Navy Exchange in Italy. The Navy Detachment warned sailors about the Dave's Killer Bread Amped-Up Organic Protein Bars containing hemp and the potential risk of increased scrutiny related to drug-testing. This product has been recalled by the Defense Commissary Agency but is still available in stores off post.



REVIEW ALL INGREDIENTS BEFORE CONSUMING

DOW Zero Tolerance for Drug Usage

Army Regulation 600-85 para 4-2, I, (2) and (4). (dated 4 October 2024) generally prohibits Soldiers from using hemp or hemp derivative products with few exceptions.

- Violations may invoke disciplinary actions under the UCMJ — e.g., Article 92 (failure to obey lawful order) and Article 112a (wrongful use or possession of a controlled substance) and Soldiers could face up to two years' confinement, loss of pay and benefits and a dishonorable discharge.



Photo source: www.daveskillerbread.com

Recommended Apps for food ingredient detection:

Download one of these applications to help identify products containing hemp-based proteins or seeds.

WHEN IN DOUBT, THROW IT OUT

- **YUKA:** food and cosmetic scanner.
- **OPEN FOOD FACTS:** a collaborative, crowdsourced database of food products.
- **CodeCheck:** barcode scanner for food and cosmetics.
- **EWG Healthy Living:** products based on nutrition, ingredients, additives and processing.

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