

Des Moines Register

DINING

Decorah's Toppling Goliath launches THC drinks in Iowa, across midwest



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One of Iowa's largest and most famous breweries is joining the evergrowing market of cannabis-infused beverages.

Decorah's [Toppling Goliath Brewing Company](#) is launching a new line of cannabis-infused sparkling waters called Merry Rain.

Des Moines Register

for Toppling Goliath. Over the past couple of years, Toppling Goliath has experimented with producing [hard seltzers](#), [vodka](#) and [gin](#).

"We're starting to refer to ourselves as a beverage company and not just a brewery," Lewey said. "It's exciting for our team to continue innovating in beer and non-beer space."

Toppling Goliath's Merry Rain cannabis-infused drinks to come in three flavors

The waters sold in Iowa come in 12-fluid-ounce cans. They contain 4 and 8 milligrams of tetrahydrocannabinol (THC) and cannabidiol (CBD), respectively. They are available in lemon-lime and strawberry flavors.

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Lewey said Toppling Goliath plans to release a 5-milligram, 16-ounce version of Merry Rain in an orange cream flavor by early 2025.

THC is the psychoactive ingredient in cannabis that gives you a [“high” feeling when consumed](#).

"Seeing the nationwide movement of people turning to THC beverages, either due to them enjoying the experience or looking for an alternative to alcohol, made it hard for us to ignore the success of THC beverages," Lewey said.

More: [What is the best beer from Iowa? See which one experts picked.](#)

Where can I get Merry Rain, Toppling Goliath's cannabis-infused sparkling waters?

Des Moines Register

to expand distribution across the state, including Des Moines, by early 2025 and is working with its beer distributor to expand its distribution across the state, Lewey said.

Merry Rain is available in Minnesota, Wisconsin, South Dakota, Nebraska, Missouri and Kansas.

If you can't find it at a store near you, Iowans can purchase four-packs of either flavor [online for \\$20.99](#).

What are Iowa's laws on THC-infused beverages and food products?

[Iowa law](#) limits THC to 4 milligrams per serving of a consumable product, such as a gummy or drink, and no more than 10 mg per container. The law, known as the [Hemp Amendments](#), was signed into law by Gov. Kim Reynolds in May [and took effect on July 1](#).

The law also bans THC-infused products from being sold to those under 21 years old.

Any THC drink sold with a [higher potency must be in a larger can](#), and any beverage or edible that contains more than one serving per container must be "conspicuously labeled," according to Iowa law.

Is recreational marijuana legal in Iowa?

While forms of medical marijuana have been legal in Iowa since 2014, recreational use remains illegal in the state.

Under current law in Iowa, possession of any amount of marijuana is a misdemeanor crime. A first offense could result in up to six months in jail or a fine

Des Moines Register

of marijuana in 2012, 24 states and the District of Columbia have legalized marijuana, including next-door Illinois.

In 2022, an estimated 17.7 million people reported using marijuana daily or near-daily compared to 14.7 million daily or near-daily drinkers, marking the first time in about three decades that the everyday use of marijuana has surpassed that of alcohol, according to a study published in May.

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