

CBD OVERVIEW

After marijuana was legalized in some states, products that claim to contain cannabidiol (CBD) or cannabinoids popped up online and in stores across the U.S. These products are marketed as non-psychoactive, “natural” remedies for pain, anxiety and a laundry list of other unpleasant symptoms. People suffering from a variety of disorders are seduced by the promise of relief, but may fall victim to dangerous scams and illegal manufacturers. Learning about CBD, its effects, legal restrictions and myths surrounding the drug will make you an informed consumer and could save your life.

WHAT IS CANNABIDIOL?

Cannabidiol, or CBD, is one of the 133 cannabinoid chemicals derived from the cannabis sativa plant. Cannabidiol, when isolated, doesn't have psychoactive effects like its close partner, delta-9-tetrahydrocannabinol (THC), the main chemical found in marijuana.

TWO TYPES OF CBD



Full Spectrum:

- Derived from marijuana
- Contains all chemicals, including THC and other cannabinoids
- Has higher amounts of THC than isolated CBD
- Illegal in states where marijuana is illegal



Isolated:

- Commonly derived from hemp
- Only CBD (may contain trace amounts of THC)
- Not as potent as full spectrum
- Legality varies from state to state

Cannabidiol products are either isolated or full-spectrum. Full-spectrum means that the CBD product also contains THC and other cannabinoids. Isolated means that the product contains only CBD, although trace amounts of THC may be present.

HOW IS IT USED?

Cannabidiol can be used in many different ways. This chemical is infused into oils and sprays, which are either consumed orally, inhaled or applied to the skin. Cannabidiol can be found at stores and online in products like food, beverages, bath products and dietary supplements.

“ Full-spectrum CBD products are illegal in states where marijuana is illegal because they contain THC. ”

People use cannabidiol because they believe it may alleviate symptoms of a range of disorders, such as anxiety, arthritis, epilepsy, PTSD, alcoholism, schizophrenia and other neurological disorders. Clinical research does exist that tests CBD's potential for treating some of these disorders, but it's too early for conclusive evidence on its effectiveness.

ADDITIONAL RESOURCES

U.S. Department of Health & Human Services

www.hhs.gov

U.S. Food & Drug Administration

www.fda.gov

(888) INFO-FDA (463-6332)

(866) 300-4374

in the know

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CANNABIDIOL (CBD)

Trend or Treatment?





LEGALITY

Full-spectrum CBD products are illegal in states where marijuana is illegal because they contain THC. If the product contains less than 0.3% of THC on a dry weight basis, it is considered to be hemp – an agricultural product– by the Food and Drug Administration (FDA). The 2018 Farm Bill made hemp federally legal, but the FDA strictly regulates products containing CBD. If a CBD product is marketed as therapeutic, it must be approved by the FDA. Hemp and CBD producers must have official government approval to grow and sell the product. Consumable products, like food, beverages and dietary supplements are still illegal, because CBD is considered a drug by the FDA and has not been tested for general human consumption. Essentially, any cannabidiol product without FDA approval is considered a Schedule I drug.

All Products containing hemp are illegal in the military. Small levels of THC present in CBD show up in urine tests. Individuals testing positive will be held accountable.

One drug containing cannabidiol, Epidiolex, has been approved by the FDA for treating certain types of epilepsy, but it must be prescribed by a licensed physician. Like any other prescription drug, possession of Epidiolex without a prescription is a crime.

EFFECTS & SIDE EFFECTS

In clinical trials, cannabidiol (Epidiolex) was proven to treat seizures in patients with Lennox-Gestaut Syndrome and Dravet Syndrome. Some users experience unpleasant side effects including:

- sleeplessness**
- insomnia**
- loss of appetite**
- nausea**
- fever**
- extreme drowsiness**
- yellowing of the skin**
- itching**
- stomach pain**
- darkened urine**

Cannabidiol may cause severe liver problems in some users, which is why CBD is a FDA-regulated prescription drug. About 1 in 500 people taking Epidiolex experience depression or suicidal thoughts.

Currently, no substantial evidence exists to support claims that CBD treats anxiety, PTSD, psychosis, arthritis, cancer or any other medical disorder. As time goes on, research may find more medical uses for the drug.

IS CBD SAFE?

Regulated, FDA-approved products containing CBD may be safe for some users, but since research about CBD is so new, there is no way to determine if there are serious long-term side effects of CBD use.

After marijuana was legalized in some states, CBD products became popular in grocery stores and head shops. However, many illegal, dangerous CBD products made by shady, unlicensed distributors are circulating on the market. Some products labeled as CBD contain harmful chemicals similar to synthetic marijuana (K2 or spice), which has caused serious reactions and death in many users.



Without a government license manufacturers could be distributing deadly substances and bacteria, such as pesticides, heavy metals, E coli or salmonella, to unsuspecting users trying to feel better.

Even with FDA-approved CBD products, illness, overdose and death is still possible if not used according to the label or under professional supervision.

PLAY IT SAFE

Until more scientific research is done avoiding products with cannabidiol is probably the best thing you could do for your health, unless it has been prescribed by a licensed doctor. It's difficult to determine if CBD products, even when sold at shops that seem trustworthy, are legal and safe. Laws on CBD vary from state to state, so using these products could lead to arrest or imprisonment. If you're suffering from a physical and mental disorder, you should seek help from licensed medical professionals and stay away from alternative remedies.



People suffering from a variety of disorders are seduced by the promise of relief, but may fall victim to dangerous scams and illegal manufacturers.