

# Cannabidiol (CBD) FAQs

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## What is CBD?

Cannabidiol (CBD) is one of many cannabinoid chemicals derived from the cannabis plant family. THC is the other well-known cannabinoid, and is the chemical compound that causes a high in recreational marijuana. CBD, unlike THC, does not cause a high but has many therapeutic effects.

## Is CBD legal?

Yes, as long as it is obtained from the hemp plant. Hemp has extremely low levels of THC and therefore is not deemed illegal in the US, whereas the sativa (marijuana) plant is illegal due to its high levels of THC.

## Will I get a “high” from CBD products?

If you are using CBD from hemp, you will not get high because of the little to no THC present in hemp.

## Are all CBD products the same?

NO. Because these products are not regulated by the FDA, there is no control as to the source or actual concentration of CBD in the products. Do your research and make sure you are buying from a reputable vendor. The product should state that it is from hemp.

## What has CBD been shown to effectively treat?

There is almost no medical literature looking at this. There are some studies that have clearly shown effective treatment for seizures. There is also suggestion that CBD is effective in anxiety disorders, chronic pain syndromes and possibly autoimmune disorders.

## How does CBD come and how much do I take?

CBD comes in many forms from concentrated oils to edibles and products for vaping. How much you take depends on the specific product that you purchase. Please follow the directions from the manufacturer.

## Are there potential side effects?

It is very unlikely at usual doses, although as with any medication or herbal product there is always a potential for side effects.

## Will CBD cause a positive urine drug screen?

Here is where doing your product research is important. If your product is truly from hemp then the quantity of THC is usually less 0.3% (marijuana is 20-30%). If you purchase from a reputable company, they should verify this. Using routine amounts should not cause a positive test, however if you are using large quantity of CBD then it may be possible for a urine test to be positive over time.