

HEMP/CBD 101

WHAT IS HEMP/CBD?

Cannabis is a species of plant that makes an abundance of compounds called cannabinoids. Cannabidiol (CBD) is one of the most common cannabinoids and does not have psychoactive effects. Products categorized as hemp, often called CBD products, contain less than 0.3% tetrahydrocannabinol (THC), another common cannabinoid. This guide examines hemp-derived CBD rather than cannabis-derived CBD, which contains more than 0.3% THC. CBD is used to treat pain, seizures, inflammation, anxiety, and more. While “hemp extract” is sometimes used to describe CBD products, they are different from hemp-seed oil. Hemp-seed oil is often used in cooking or for industrial purposes, and it is not CBD.





HOW IS CBD ADMINISTERED?



- Oils: Ingested directly or through food or beverages; slower to activate, but provide longer pain relief. Should be measured carefully in cooking.
- Tinctures: Taken under the tongue or on the side of the cheek; provides faster pain relief, but don't last as long. Can be used more frequently.



- Topicals and patches: Salves or creams applied directly to the skin, or patches containing CBD that are affixed to the skin.



- Sublingual sprays: Sprayed under the tongue.
- Edibles and pills: Ingested through food, gummies, or capsules.
- Dabbing: Heating concentrated CBD, in forms such as wax, and inhaling the vaporized oil.
- Vaporizing: Inhaling heated CBD through a vaporizer or vape pen.
- Flower: Using buds to smoke or eat.

TYPES OF CBD

Full Spectrum

These products contain all cannabinoids from the plant's flower, including THC (less than 0.3% in hemp-derived products).

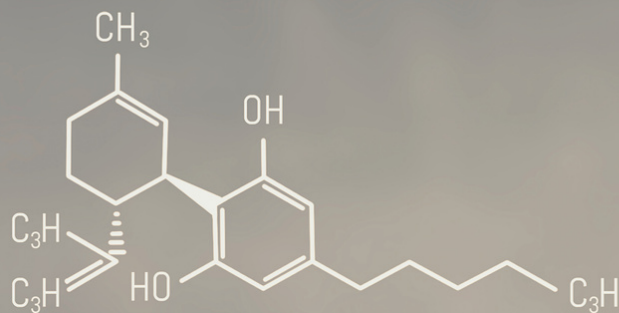
These products offer the "entourage effect," describing potentially magnified health benefits from the combination of all elements of the cannabis plant.

Broad Spectrum

These products are processed so that THC is removed, but other cannabinoids are still present.

Isolate

These products are processed to include CBD only, and no other cannabinoids.



CBD
(Cannabidiol)



FACTS ABOUT LEGALITY, ACCESS, AND REGULATION

- CBD became more widely used after the 2018 Farm Bill removed hemp from the definition of marijuana in the Controlled Substances Act, making the use of CBD products with less than 0.3% THC federally legal. However, states still have varying laws; for instance, in Idaho, only CBD isolate products with no THC are permitted.
- There have not been subsequent federal laws to regulate CBD products as dietary supplements. Because CBD is an unregulated product, it is important to research the products you are buying.
- If you are considering using CBD to treat your pain, you should consult your doctor to discuss type, dosing, and method, interactions with other medications you take, and other factors to make sure you use CBD safely.
- Read the label of the CBD product you are buying. It should include manufacturer information; a product description; cannabinoid content; quantity of the contents; a COA (Certificate of Analysis), which includes information such as a batch, lot, or control number; instructions and dosing guidance; warnings; and instructions for storage. There may be a QR code that leads to additional information. Edible products should include nutrition information, ingredients, and expiration date. Look to see if there is information about product testing and certification.
- Be aware that even legal CBD products can cause you to fail a drug test, as some types contain a small amount of THC.



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