

OTHER CANNABINOIDS 101

WHAT ARE CANNABINOIDS?

Cannabis is a species of plant that makes an abundance of compounds called cannabinoids. The most common are tetrahydrocannabinol (THC) and cannabidiol (CBD). However, there are many other cannabinoids found in the cannabis plant, some of which offer health benefits. When included as a group in medical cannabis or CBD products, the full spectrum of cannabinoids can offer what is called the “entourage effect” — the potential magnification of health benefits caused by the combination of all elements of the cannabis plant. Learn more about additional cannabinoids [here](#).

Below are three cannabinoids that are found in the cannabis plant. These have various health benefits that are still being studied; they are included alone in products or in combination with CBD. They do not have psychoactive effects.

CANNABINOL (CBN)


Cannabinol, or CBN, has been found to help with managing pain and sleep. It can be administered through oils, tinctures, capsules, vaping, drinking tea, or CBN isolate powder.

CANNABIGEROL (CBG)

Cannabigerol, or CBG, is used to help manage chronic pain, inflammation, anxiety, and depression. All other cannabinoids are derived from CBG, so this compound is typically sourced from young cannabis plants. It is administered through oils, tinctures, gummies, capsules, creams, and lotions.

CANNABICHROMENE (CBC)

Cannabichromene, or CBC, has been studied for its anti-inflammatory effects and its ability to block the body’s pain receptors. It is administered through oils, tinctures, gummies, and other forms.



The cannabinoids listed below are used to treat various symptoms. They can cause psychoactive effects and can cause you to fail a drug test. Research is still being completed as to their effects.

DELTA-8 THC

Delta-8 tetrahydrocannabinol, or Delta-8 THC, is a cannabinoid naturally found in the cannabis plant; however, products containing Delta-8 generally are synthetically created in labs, making them more potent than natural Delta-8. Because most of the products are synthetic, side effects and results can be unpredictable. Delta-8 is administered through gummies, vapes, or capsules, and it is used to treat stress, depression, or pain. It is often considered to fall between CBD and THC, and it can have psychoactive effects. Some Delta-8 is sold with less than 0.3% THC, similar to CBD products.

DELTA-9 THC

Delta-9 tetrahydrocannabinol, or Delta-9 THC, is a cannabinoid naturally found in the cannabis plant. Like Delta-8, products containing Delta-9 generally are synthetically created in labs, causing them to be more potent. Because most of the products are synthetic, side effects and results can be unpredictable. Delta-9 is administered through oils, tinctures, vaping or smoking, tea, and other methods, and is used to treat pain, nausea, and sleep disorders. It causes more psychoactive effects than Delta-8, and its effects have been compared to those of THC. Some Delta-9 is sold with less than 0.3% THC, similar to CBD products.

TETRAHYDROCANNABINOL ACID (THCA)

Tetrahydrocannabinol acid, or THCA, is a cannabinoid found in the cannabis plant that is non-psychoactive if it is consumed raw, by eating the flowers or juicing them. It is used for its anti-inflammatory and anti-nausea effects, and for treating pain. If THCA is heated through smoking, vaping, dabbing, or cooking, it converts to THC and becomes psychoactive.

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