



## CBD: Frequently Asked Questions

### WHAT IS CBD?

CBD (cannabidiol 2-[(6R)-3-methyl-6-prop-1-en-2-ylcyclohex-2-en-1-yl]-5-pentylbenzene-1,3-diol), is the second most plentiful cannabinoid in the marijuana that is grown for recreational purposes. In “hemp” (cannabis fiber) CBD predominates over THC by a ratio of 30:1.

### DOES CBD CAUSE A “HIGH”?

No. By itself, CBD does not cause intoxication. However, it may produce some effects (e.g., dry mouth) that are associated with a cannabis “high”.

### HOW DO CBD AND OTHER CANNABINOIDS WORK?

The human body manufactures endocannabinoids, substances that are similar to chemicals in the cannabis plant. To accommodate endocannabinoids, the body has two main cannabinoid (CB) receptors (docking sites): CB<sub>1</sub>, which is primarily located in the nervous system, and CB<sub>2</sub> receptors, which can be found in the outer edge of cells with immune function and in the gastrointestinal tract. CBD acts at the CB<sub>2</sub> receptor, which is not associated with intoxication. There is also evidence that CBD affects dopamine and serotonin receptors.

### WHAT IS THE ENTOURAGE EFFECT?

It appears that CBD may work most effectively *in cooperation with* other cannabinoids, including THC. This has been termed the “entourage effect”.

### IF CBD DOESN'T CAUSE A HIGH, WHY DO PEOPLE USE IT?

CBD has been found to be effective (often when added to other medications) in treating two particularly severe forms of treatment resistant epilepsy: Dravet syndrome and Lennox-Gastaut (LG) syndrome. There is also evidence that CBD may mitigate the symptoms of schizophrenia, in contrast to THYC, which may worsen symptoms. Anecdotal (but few scientific) reports indicate that it may also help relieve pain and inflammation, reduce anxiety and promote healthy sleep.

### WILL CBD SHOW UP ON A DRUG TEST?

CBD use should not result in a positive cannabis/THC test. However, some CBD products have been found to contain small amounts of THC; not enough to cause intoxication, but enough to trigger a positive drug test.