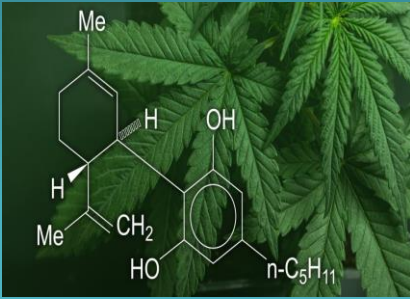


# Facts About Cannabidiol (CBD)

## What is CBD?



*Image Source: FDA.gov*

Cannabidiol, commonly known as “CBD,” is one of the several biologically active ingredients found in cannabis, or marijuana. CBD can also be derived from the hemp plant. There is very limited scientific research about CBD, including the long-term effects it has on the body. There is even less information on how CBD interacts with brain development in children and adolescents.

## ! FDA Regulation of CBD Products !

- ✓ The FDA has not approved any CBD-containing products or medications to treat any mental health disorders. To date, the FDA has approved only one CBD prescription drug product to treat two rare, severe forms of epilepsy. Although you may have seen media coverage on the usage of CBD to treat issues such as anxiety or insomnia, the FDA has not approved any products for the treatment of these disorders.
- ✓ Unlike drugs that are approved by the FDA, products that have not been subject to FDA review as part of the drug approval process have not been evaluated as to whether they work, what the proper dosage may be, how they could interact with other drugs, or whether they have dangerous side effects or other safety concerns. The use of untested drugs can have unpredictable and unintended consequences. Because of the limited data about CBD effects, usage, and safety, there are potentially serious risks that need to be considered before taking CBD for any reason.
- ✓ Many CBD products that are marketed to treat medical conditions often substantiate unproven medical claims. Unfortunately, these claims often mislead consumers to avoid getting important medical care, including a proper medical diagnosis and potential FDA-approved treatments.
- ✓ Is CBD legal? CBD has accrued lots of attention on media platforms, and CBD-containing products are readily available in most parts of the United States. However, government positions on CBD vary in each state, and usually depend on how the CBD is derived (from the hemp plant vs. the marijuana plant). It is currently illegal to market CBD by adding it to a food or label it as a dietary supplement. The FDA is aware that such products are available on the market and has issued warning letters to companies producing such products.

# Facts About Cannabidiol (CBD)

## What does CBD research show?

The FDA is committed to protect public health. They want consumers to know about products that put their health and safety at risk. CBD product advertisements minimize or fail to discuss the risks of CBD. The FDA has compiled the known risks and side effects of CBD usage, and this information is presented below. However, this is not an exhaustive list as there are ongoing investigations and many unanswered questions about the science, safety, and quality of CBD products.



### CBD Side Effects

CBD can affect how other medications that you are taking work, potentially causing serious side effects.

CBD can cause changes in alertness which is commonly experienced as drowsiness or sleepiness.

Use of CBD with alcohol or other drugs that slow brain activity (such as those used to treat anxiety, panic, stress, or sleep) increases the risk of sedation and drowsiness which can lead to injuries.

CBD can cause liver injury. The liver is an important organ that regulates most chemical levels in the blood.

CBD can also cause gastrointestinal distress which is commonly experienced as diarrhea and/or decreased appetite.

CBD is also known to cause changes in mood which is commonly experienced as irritability and agitation.

### Unanswered Questions About CBD

- ❑ What effects does CBD have on special populations such as the elderly, children, adolescents, and pregnant women?
- ❑ What is the most effective therapeutic dose of CBD for any medical condition?
- ❑ What are the cumulative effects of using CBD products over long periods of time?



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