



## CBD FAQ's

### ***What it is CBD?***

CBD is a phytocannabinoid contained in the hemp plant. Most products on the market are actually hemp extracts containing a spectrum of constituents, such as vitamin E, chlorophyll, triterpenes and 50 to over 100 phytocannabinoids, including CBD.

### ***Is hemp extract containing CBD legal?***

Yes, **hemp extract** containing CBD is legal in all 50 states if the product is made from agricultural hemp and contains less than .3% THC (another phytocannabinoid that is psychoactive) by dry weight. The Farm Act Bill of 2014 and the Omnibus Appropriations Act of 2016 further support the legality of hemp extract products that contain CBD.

### ***How are hemp extract products containing CBD different from medical CBD?***

Hemp extract containing CBD:

- is made from the hemp plant
- contains the full spectrum of hemp's constituents
- has very low levels of THC after extraction
- is not psychoactive and does not get you high
- does not need a prescription
- is legal in all 50 states if it is made according to the guidelines stated above

Medical CBD:

- is usually made from marijuana
- contains higher amounts of THC
- is psychoactive and can get you high, depending on the THC levels
- needs to be prescribed by a doctor
- is not legal in all states

### ***How does it work?***

Hemp extract affects the endocannabinoid system by activating CB1 and CB2 receptors located throughout the body. The endocannabinoid system (ECS) helps regulate the proper function of a wide range of the body's processes. The main functions of the ECS are to modulate pleasure, energy, well being, and to help slowly support the body back to health in the face of injury or disease.

Where the endocannabinoid system receptors are found in the body:

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- nervous system
- immune system
- digestive system
- endocrine glands
- brain
- heart
- lungs
- kidneys
- liver
- spleen
- bones
- muscles
- blood vessels
- lymph cells and fat cells

### ***What is Hemp Extract used for?***

It has been found that hemp extract, when used with people:

- improves focus\*
- helps with everyday anxiety\*
- supports recovery from exercise-induced inflammation\*
- acts as neuroprotective that helps reduce damage to the brain and nervous system and encourages the growth and development of new neurons.
- is an antioxidant that protects cells from the damage of oxidation

It has been found that hemp extract, when used with dogs, helps maintain:

- cognitive function\*
- sense of calm\*
- blood sugar levels\*
- hip and joint mobility\*
- a healthy immune system\*

If you are using hemp extract with your pets, please consult your veterinarian first. If you are using it with cats, speak to a veterinarian and understand dosing difference between dogs and cats.

### ***How do I know if my hemp extract is a high-quality product?***

It is important that you buy hemp extract from reputable companies. Not all companies have the same standard for quality. Reputable companies will be able to supply you with a certificate of analysis for the product you purchase if you ask them. Here are some things to look for when evaluating a company:

- 3<sup>rd</sup> party testing. Third-party certification means that an independent organization has reviewed the manufacturing process of a product and has independently determined that the final product complies with specific standards for safety, quality or performance.
- Identity. Use companies that provide verification that the product contains hemp extract and consistent levels of it.
- Testing for solvents, microbes, mold, heavy metals, and pesticides.
- Solvent and chemical free. Pick products that do not use pesticides on the hemp while it is being grown and chose companies that use chemical-free extraction methods such as CO2.

## What are the different ways I can take Hemp extract?

### Some methods of administration

### Pro's

### Con's

Oil Extract (oral)	<ul style="list-style-type: none"> <li>• Makes it easy to vary dose when desired.</li> <li>• If held in mouth is quickly absorbed and is fast acting.</li> </ul>	<ul style="list-style-type: none"> <li>• Flavor for some may not be ideal.</li> <li>• You have to remember how much extract is in the serving size you are taking.</li> </ul>
Capsule (oral)	<ul style="list-style-type: none"> <li>• Consistent dosing.</li> <li>• You do not have to taste the hemp extract.</li> </ul>	<ul style="list-style-type: none"> <li>• You lose some of the hemp extract to the digestion process and more of it is processed by the liver.</li> <li>• Takes longer to feel its effects once ingested.</li> </ul>
Edibles (oral) Examples: Chocolate Gummies Suckers	<ul style="list-style-type: none"> <li>• Taste good and they create a positive user experience.</li> </ul>	<ul style="list-style-type: none"> <li>• Take longer to take effect. This can lead to eating a higher dose than you normally would need.</li> <li>• Eating too much because product tastes good.</li> <li>• You have to keep out of reach of pets and children so they don't eat it.</li> </ul>
Lotion and Balms (topical)	<ul style="list-style-type: none"> <li>• A good way to take if someone does not want to ingest hemp extract.</li> </ul>	<ul style="list-style-type: none"> <li>• Only works in the area applied.</li> <li>• Can be costly if you are using it over a large area of the body.</li> </ul>
Transdermal Patch (topical)	<ul style="list-style-type: none"> <li>• Penetrates all seven layers of the skin.</li> <li>• They have a longer effect than many other preparations.</li> </ul>	<ul style="list-style-type: none"> <li>• Can be expensive.</li> <li>• Some companies may use chemicals to extract hemp oil; the chemicals would be absorbed into your blood stream.</li> </ul>
Vaporizer Pen (inhalation)	<ul style="list-style-type: none"> <li>• Fast acting. When vaped, hemp extract effects are immediate.</li> </ul>	<ul style="list-style-type: none"> <li>• Hard to find suitable pens.</li> <li>• Some are single use and create a lot of waste.</li> <li>• Some companies use chemicals to extract the hemp extract and these toxic substances can do harm to the body.</li> <li>• Effects not long lasting.</li> </ul>

### ***How much hemp extract does someone need to take to feel its effects?***

This question is as complex as each human is unique. Doses vary by the weight, health, age, and personal chemistry of the individual taking the hemp extract. What can be said is that when someone chooses to try hemp extract products, they should start with a low dose and gradually work their way up to a dose that is right for them.

### ***Are there side effects of too much hemp extract?***

Fortunately, there are no receptors for CBD in the part of the brain that regulates the heart and respiration. Unlike narcotics, there is no chance of lethal overdose on CBD or THC.

The most commonly reported side effect of taking too much is feeling tired. If this occurs, lower your dose. If you feel you have an adverse effect from taking hemp extract, listen to your body and STOP. Like anything else you ingest that causes an adverse reaction, stop using it. We are all unique with our own chemistry and everyone has their own personal experience with the things they ingest.

### ***Will it make me high?***

CBD does not bind to CB receptors the same way that THC does and does not get you “high”. In fact, it is used to counteract the psychoactive effects of THC.

### ***Will I fail a drug test?***

We are learning more about hemp extract every day. Some of the questions hemp extract raises do not always have clear answers. The most responsible answer to this question is that yes, taking hemp extract may make you fail a drug test. If you choose to use hemp extract and you are subject to drug testing at your job or your medication approval depends on a drug test, please begin an open dialog with your employer and/or doctor about your use of hemp extract oil.

For further clarification about failing a drug test, so far, it appears those who have failed a drug test took hemp extracts that contained high amounts of CBD daily (1000-2000mg). If someone fails a urinalysis drug test (which would be a false positive) further testing (the GC/MS test) can be done to confirm that the patient is not using marijuana.

### ***Will it interact with medications?***

CBD and other plant cannabinoids potentially interact with pharmaceuticals that use the Cytochrome P-450 enzymes.

Some Drugs that use the cytochrome P-450 are:

Steroids, HMG CoA reductase inhibitors, calcium channel blockers, antihistamines, prokinetis, HIV antivirals, immune modulators, benzodiazepines, anti-arrhythmics, antibiotics, anesthetics, antipsychotics, antidepressants, anti-epileptics, beta blockers, ppi's, NSAIDs. angiotension II blockers, oral hypoglycemic, sulfonylureas.

The potential interactions with hemp extract and medications vary. Reportedly, hemp extract may increase circulation of anti-seizure medications and some antidepressants. If you are taking medications, please consult your doctor and pharmacist to see if there are potential interactions.

### ***Are there other ways to support the ECS system?***

Yes. Luckily, there are other ways to keep the ECS healthy. Here are some ways you can help maintain a healthy ECS.

1. Eat a diet rich in quality fats.

Monounsaturated fats, medium chain fats and omega 3 fatty acids are all fats that help

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support a healthy ECS as well as help maintain healthy levels of inflammation throughout the body. Monounsaturated fats and omega 3 fatty acids increase the brain's and body's levels of endocannabinoids, as well as enhance endocannabinoid receptor binding. You get an enhanced synergistic effect by consuming these good fats with hemp extract.

Some sources of monounsaturated fat foods ( fats liquid at room temp): olive oil, nuts, and avocado.

Some sources of medium chain fatty acids are coconut oil, palm kernel oil, whole milk, and butter.

Some sources of omega 3 fatty acids are fish, fish oils, algae, grass feed beef, walnuts, just to name a few. They enhance the effects of CBD by nourishing the ECS.

2. Avoid fats that easily go rancid and can cause inflammation in the body, such as polyunsaturated fats. Some examples of these inflammatory fats are soy oil, canola oil, peanut oil, corn oil, safflower oil and most vegetable oils.

3. Exercise. Research has found that exercise increases the sensitivity of the cannabinoid receptors in the part of the brain that activates pleasure. When we exercise, we enhance the ECS system. The more we exercise, the more the ECS is stimulated to pump out hormones that give us a sense of wellbeing.

4. Other herbs that do not contain THC or CBD can support a healthy ECS by their ability to work on the CB receptors. Echinacea (angustifolia) root specifically contains alkamides that work directly on the ECS. Research has found that these alkamides are very useful for some forms of anxiety. Ginger root (Zingiber officinale) and Magnolia bark (Magnolia officinalis) also help support a health ECS.

### **Resources:**

<https://www.theroc.us/research> A website that has compiled research on hemp extract uses.

Pub med.org- A great source for the most up to date scientific research on hemp extract.

Books:

*CBD A Patient's Guide to Medical Cannabis-*  
by Leonard Leinow and Juliana Birnbaum 2017

*\*These statements have not been evaluated by the FDA. This information is not meant to diagnose, treat, prevent or cure disease.*