



Hemp CBD Fact Sheet



Hemp Vs. Marijuana

Hemp based CBD is extracted from industrial hemp which is defined as the plant *Cannabis sativa* L. having no more than 0.3% THC contained in any part of the plant. Products derived from industrial hemp, including CBD are now legal both federally and in the State of Ohio as of July 2019 with the passage of Senate Bill 57.

Senate Bill 57 changed the definition of marijuana to no longer include hemp and hemp products. It allows for the creation of a hemp program to be administered by the Ohio Department of Agriculture. The law also sets up a licensing structure for farmers who are interested in growing the crop and those interested in processing it.

What is CBD?

- CBD or Cannabidiol is one of many of the hundreds of cannabinoids found in hemp or marijuana
- CBD is not psychoactive and does not produce a “high”
- Marketed as a natural remedy for many common ailments
- According to World Health Organization, “In humans, CBD exhibits no effects indicative of any abuse or dependence potential.... To date, there is no evidence of public health related problems associated with the use of pure CBD.”

Purported Health Benefits

(Some scientific evidence - most not supported by the FDA)

- Relieve pain and inflammation
- Reduce anxiety and depression
- Improve sleep
- Reduce seizures in people with epilepsy - the FDA recently approved the drug Epidiolex
- Improve heart health
- Improve symptoms of inflammatory bowel disease (IBD)

CBD Precautions

- CBD is primarily marketed and sold as a supplement, not a FDA approved medication with the exception of Epidiolex
- Vaping CBD products has been linked to severe pulmonary illness
- Currently, there is no regulation on the safety and purity of CBD products. Therefore, you cannot know for sure that the product you buy has active ingredients at the dose listed on the label. In addition, the product may contain other (unknown) elements
- The most effective therapeutic dose of CBD for any particular application is unknown
- CBD is well tolerated even at high doses but can cause side effects
 - Nausea, diarrhea, fatigue, and irritability
 - Can interact with several medications including blood thinners
- CBD has been found to have a relatively low toxicity, although not all potential effects have been explored
- Before using CBD products, consult your doctor to ensure your safety and avoid potentially harmful interactions