

# CBD Products

## Not for children or adolescents!



### What is CBD?

CBD (cannabidiol) is a substance extracted from the cannabis plant (marijuana plant).

CBD is marketed in a variety of forms, including: oils/tinctures, hand/body creams, pills and gummies.

**Dietary supplements such as CBD are not strictly regulated (like medications).** Studies have found that products marketed as CBD have varying amounts – from very high doses to none at all – and many have THC (the main active substance in marijuana), even if THC isn't listed on the label.

CBD has minimal, if any, psychoactive effects. It's not known to produce euphoria or to be addictive. **However, CBD has side effects! CBD is sedating, interacts with many types of common medications and can cause liver toxicity.**

**Like THC, CBD should not be used during pregnancy or while breastfeeding.**

THC is toxic to the fetus. There is no scientific evidence showing that CBD is safe for the fetus.

### A teenager's/child's brain is still developing.

CBD binds to the cannabinoid receptors on brain cells and interferes with brain development.

We know that THC interferes with brain development. There has not been as much research on CBD, but there is reason to suspect that CBD also interferes with brain development.



### Unknowns

Claims have been made about CBD as a medical treatment for several conditions. CBD has only been shown to be effective for one condition: as an anti-seizure medication for children with severe epilepsy. And medication with pharmaceutical grade CBD is only available by prescription.

There needs to be more high-quality scientific studies to understand the potential benefits and side effects for other conditions or problems.

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