Fact Sheet

What is CBD?

Cannabidiol (CBD) is a naturally occurring compound found in the resinous flower of cannabis, a plant with a rich history as a medicine going back thousands of years. Today the therapeutic properties of CBD are being tested and confirmed by scientists and doctors around the world. A **safe, non-addictive substance**, CBD is one of more than a hundred "**phytocannabinoids**," which are unique to cannabis and endow the plant with its robust therapeutic profile.

CBD is closely related to another important medicinally active phytocannabinoid: tetrahydrocannabinol (THC), the compound that causes the high that cannabis is famous for. These are the two components of cannabis that have been most studied by scientists.

Both CBD and THC have **significant therapeutic attributes**. But unlike THC, CBD does not make a person feel "stoned" or intoxicated. That's because CBD and THC act in different ways on different receptors in the brain and body.

CBD can actually lessen or neutralize the psychoactive effects of THC, depending on how much of each compound is consumed. Many people want the health benefits of cannabis without the high – or with less of a high. The fact that CBD is therapeutically potent as well as non-intoxicating, and easy to take as a CBD oil, makes it an appealing treatment option for those who are cautious about trying cannabis for the first time.

CBD: The Multipurpose Molecule

Many people are seeking alternatives to pharmaceuticals with harsh side effects – medicine more in synch with natural processes. By tapping into how we function biologically on a deep level, CBD can provide relief for chronic pain, anxiety, inflammation, depression and many other conditions.

Extensive scientific research – much of it sponsored by the U.S. government – and mounting anecdotal accounts from patients and physicians highlight CBD's potential as a treatment for a wide range of maladies, including (but not limited to):

- Autoimmune diseases (inflammation, rheumatoid arthritis)
- Neurological conditions (Alzheimer's, dementia, Parkinson's, multiple sclerosis, epilepsy, Huntington's chorea, stroke, traumatic brain injury)
- Metabolic syndrome (diabetes, obesity)
- Neuropsychiatric illness (autism, ADHD, PTSD, alcoholism)
- Gut disorders (colitis, Crohn's)

- Cardiovascular dysfunction (atherosclerosis, arrhythmia)
- Skin disease (acne, dermatitis, psoriasis)

CBD has proven neuroprotective effects and its anti-cancer properties are being investigated at several academic research centers in the United States and elsewhere. A 2010 brain cancer study by California scientists found that CBD "enhances the inhibitory effects of THC on human glioblastoma cell proliferation and survival." This means that CBD makes THC even more potent as an anticancer substance. Also in 2010, German researchers reported that CBD stimulates neurogenesis, the growth of new brain cells, in adult mammals.