

# NOT WHAT YOU THOUGHT

## False Advertising & CBD

Because CBD is not FDA approved, there is no way to be sure that you are really getting what you are paying for. In recent studies, researchers bought CBD products and tested the true amount of CBD in them. In one study, more than 25% of the products contained less CBD than advertised. THC, the active ingredient of marijuana, was found in over 20% of the products. It can be very dangerous when medicines don't have FDA approval because there is always a chance of unlisted (extra) ingredients. Knowing the ingredients in a product is always very important, but is even more important when something is going into your body.

Not only are the ingredients in CBD products being falsely advertised, but the overall effects as well. Some people claim that CBD cures cancer, which unfortunately is not true. Others claim that it can be a cure for Alzheimer's disease, which also has not been proven. The false advertising of companies that sell CBD products has gotten very out of hand. It has gotten so out of hand that the FDA sent out warning letters to these companies warning them that their false claims could get them into big legal trouble.

Tests are still being done about the effectiveness of CBD on certain diseases, disorders and conditions. Once all tests and trials are completed, the FDA will take another look at approving CBD as a medicine. Until CBD is officially approved by the FDA, people looking to buy CBD oil or CBD products need to be very careful. Since the drug is still very new, companies will find ways to take advantage of people, so it is especially important to be aware of what you are paying for.



# TEST YOUR KNOWLEDGE

Think you know everything about CBD?

Find out with this quiz!

1. CBD and marijuana are the same thing.  
a. True      b. False
2. As of now, CBD is only FDA approved as a medication for extreme cases of \_\_\_\_\_.  
a. Cancer      b. Alzheimer's disease  
c. Epilepsy      d. Anxiety
3. There are no life-threatening side effects of CBD.  
a. True      b. False
4. CBD's active ingredient is THC, which leaves users feeling "high".  
a. True      b. False
5. Where does CBD come from?  
a. Marijuana      b. Hemp  
c. THC      d. FDA

Answers: 1. B 2. C 3. A 4. B 5. B

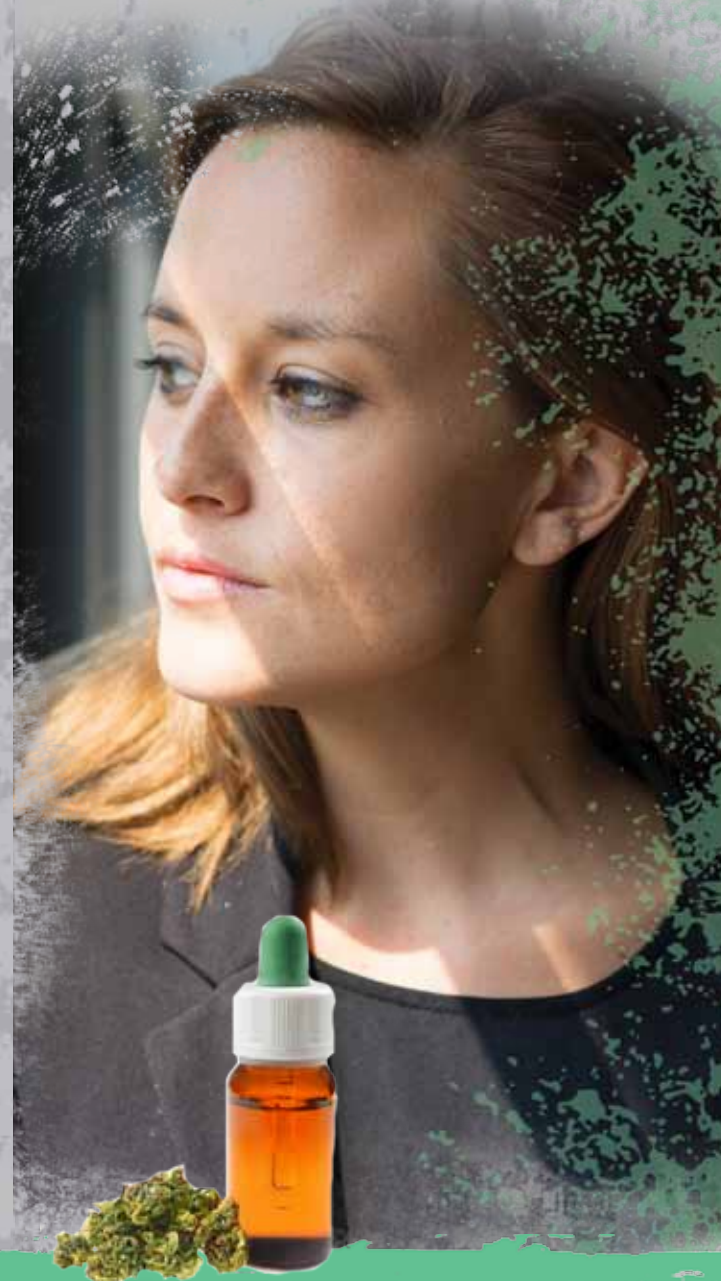


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# CBD OIL



STAY INFORMED AND AWARE

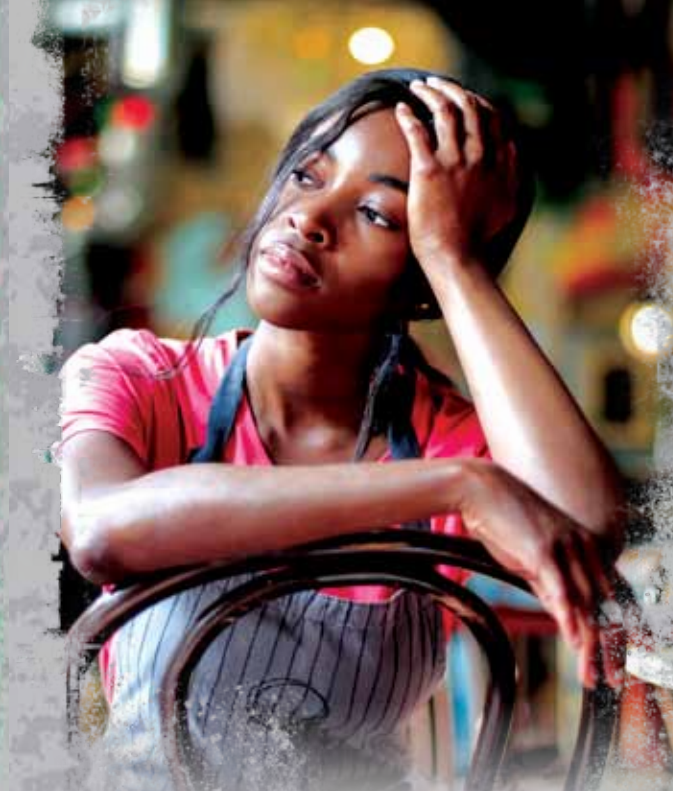


# WHAT IS IT?

CBD is a chemical that comes from the cannabis plant. To make CBD oil, the plant is lightly processed, creating hemp. Most of the CBD people use today comes from hemp. Even though hemp and marijuana both come from cannabis, they are far from the same. Think of CBD and marijuana as cousins. Unlike marijuana, CBD does not contain THC (the chemical that makes you feel "high"). Another difference between CBD and marijuana is CBD is not addicting like marijuana. CBD is usually sold as an oil but can also be found in the form of an extract, vaporized liquid and pill. Many beauty products like shampoo, lip balm and lotion also contain CBD.

# HOW DOES IT WORK?

Every chemical taken from the cannabis plant affects you by hooking onto your body's receptors. There are two receptors for products made from cannabis: CB1 and CB2. CB1 mostly controls how you feel mentally. It has effects on your feelings, thoughts, moods and memories. It also has effects on your appetite, which is why someone smoking marijuana might get the "munchies". The CB2 receptor affects your immune system. This deals with your ability to fight off sickness, heal wounds and deal with pain. Unlike the THC in marijuana, CBD does not hook on to CB1 or CB2. CBD triggers your body's natural cannabinoids (that's a fancy word for the chemicals found in cannabis, which can sometimes be found in your body too!) That is why many people are in favor of CBD.



# SIDE EFFECTS

There has been some controversy about the safety of CBD, leading to many small studies about its side effects. CBD is used in a wide range of dosages, meaning some people use very small amounts of it and some use extremely high amounts of it. Scientists have not found any true side effects on vital signs or mood from using CBD. This is even in the people that use very large amounts of it. Most people using CBD do not experience any side effects. Although rare, possible side effects include:

- tiredness
- dry mouth
- diarrhea
- nausea
- changes in appetite

Although there are few side effects, anyone looking to try CBD should ask their doctor first. Since it is so new, there are still tests and research that need to be done about CBD. This is why CBD is not FDA approved. To be considered "safe" drugs must be approved by the Food and Drug Administration (FDA). As of now, CBD is only FDA approved as a medication for extreme cases of epilepsy.

# THE GOOD

## Benefits of CBD

CBD has been tested as a treatment for many health issues including epilepsy, anxiety, and chronic pain. In multiple studies, CBD was found extremely useful in treating some of the worst symptoms of epilepsy in children. Epilepsy is a disease that causes extreme seizures. The medicine containing CBD is called Epidiolex. Many of the children had significantly less seizures while on Epidiolex, and in some cases, the medicine managed to completely stop their seizures for good.

CBD can also be used to treat anxiety. Anxiety is one of the most common uses for CBD. CBD is also useful for those with insomnia, which is a disorder that makes it hard to fall asleep and stay asleep.

Another benefit of CBD is the treatment of pain. CBD oil can be used on the skin to treat painful conditions, like arthritis. The only problem is, most of the studies about CBD's effect on pain are done on animals, so more trials need to be done on humans to prove the theory.

# AND THE BAD

## Risks of CBD

Along with having no serious side effects, there are no significant safety risks of using CBD. CBD usually does not have any negative effects at all and there have been no near-death experiences involving CBD. However, like any medication, CBD can have an effect on any medications you are currently taking, so it is important to ask a doctor before trying CBD.

