

# CBD PRODUCTS

The Cannabis sativa plant contains more than 100 different chemical compounds called cannabinoids. Researchers are working to examine the benefits and risks associated with these chemicals. One such chemical is CBD (cannabidiol). It is non-psychoactive unlike THC, the active ingredient in marijuana.

In Massachusetts, CBD products are generally treated as a hemp product, a cousin of the higher THC concentrated Cannabis sativa plant. As a hemp product, it is regulated under the Massachusetts Department of Agriculture. It is not illegal to possess CBD product in Massachusetts.

**What is the connection between CBD and marijuana?** Derived from the same plant, Cannabis sativa, in MA, CBD products may contain up to 0.3% THC, which is a psychoactive product. Marijuana can contain much more THC.

**What are CBD products?** CBD can be found in a range of products including candy (mostly gummy products), oils, liquid “shots,” and lotions.

**Are there health benefits to CBD products?** People have reported health benefits including easing arthritis, epilepsy, and extreme pain. However, there is a lack of long-term use and adolescent use studies related to CBD product use.

**If it can have health benefits, is it regulated by the FDA?** The FDA has approved only 1 medication containing CBD which is used to treat two rare forms of epilepsy. All other products are untested or unapproved by the FDA.

**What to do if I suspect my child has ingested CBD?** Since CBD may contain up to 0.3% THC, it can have a negative health effect on children, especially if you don't know how much of the product was ingested. Immediately take your child to a medical facility. Concentrations vary and can affect youth with varied physical consequences.

**How can I learn more?** Most of the online information is produced by pro-CBD and/or pro-marijuana companies. Scrutinize your sources and be sure to examine any financial ties to such resources. Consult your child's doctor if considering giving a CBD product to a minor.