

# CBD vs THC

## WHAT IS IT?

CBD is a non-psychoactive cannabinoid present in the flowers, leaves, and stalks of the cannabis sativa plant and is most commonly derived from low-THC "hemp" varieties of cannabis sativa.

THC is a psychoactive cannabinoid present in the flowers and leaves of the cannabis sativa plant and is most commonly derived from high-THC "marijuana" varieties of cannabis sativa.

## CHEMICAL NAMES

Cannabidiol

Tetrahydrocannabinol

## LEGAL STATUS

CBD products are federally legal as long as they contain 0.3% or less THC. Some state and local laws regulate or prohibit the sale of CBD products.

THC is a federally illegal schedule I controlled substance. Some state and local laws have decriminalized or legalized the use and sale of THC products.

## POTENTIAL BENEFITS

Can help with:

- Seizures
- Inflammation
- Pain
- Psychosis or mental disorders
- Inflammatory bowel disease
- Nausea
- Migraines
- Depression
- Anxiety

Can help with:

- Pain
- Muscle spasticity
- Glaucoma
- Insomnia
- Low appetite
- Nausea
- Anxiety
- "High" feeling

## AVERAGE DOSE

10 to 100 milligrams

5 to 50 milligrams

## HOW TO USE

- Orally via oil
- Smoke or vape
- Creams and lotions
- Chewing gum
- Skincare
- Coffee

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- Edibles