

## PARENT'S GUIDE TO CANNABIDIOL (CBD)

### Where does cannabidiol (CBD) come from?

- Indica plant: Hemp
  - Less tetrahydrocannabinol (THC) and more cannabidiol (CBD)
- Sativa plant: Marijuana
  - More tetrahydrocannabinol (THC) and less cannabidiol (CBD)

### Hemp vs Marijuana: What is the difference?

Hemp/CBD	Marijuana/THC
<ul style="list-style-type: none"><li>• Hemp is known as CBD</li><li>• Less than 0.3% THC</li><li>• Federally legal</li></ul>	<ul style="list-style-type: none"><li>• Marijuana is known as THC</li><li>• More than 0.3% THC</li><li>• Federally illegal</li></ul>

### Cannabidiol (CBD) vs Tetrahydrocannabinol (THC): What is the difference?

Hemp/CBD	Marijuana/THC
<ul style="list-style-type: none"><li>• Has little effect on cognitive abilities</li><li>• <u>May</u> help seizures, pain, inflammation, inflammatory bowel disease, mental disorders (anxiety, depression), and other disorders</li></ul>	<ul style="list-style-type: none"><li>• Effects <u>may</u> impair learning, memory, orientation, and attention</li><li>• <u>May</u> help insomnia, low appetite, nausea, pain, muscle spasms, glaucoma and other disorders</li></ul>

### Where can I buy cannabidiol (CBD)?

- State laws differ on sales of CBD. Always check your states laws before buying.
- CBD can be found in most drug stores and medical shops (dispensaries)

### What am I looking for on the package or bottle?

- Look for the Certificate of Analysis (COA)
  - This will show the product strength and contaminants
  - If it is not on the package, reach out to the manufacturer
- Look for the Hemp Authority seal
  - This means the product follows quality standards
- “Full-spectrum” = CBD + some THC
- “Broad-spectrum” = CBD + little to no THC
- “Isolate” = CBD with no THC
- If the product just mentions seed oil, it is not CBD



### Is it tested or approved by the Food and Drug Administration (FDA)?

- The FDA has not tested the safety, efficacy, or quality of over-the-counter cannabis products for the diagnosis, cure, treatment, or prevention of any disease.

**How much do I give?**

- There are no approved dosing guidelines for non-prescription CBD products in pediatric patients. Always review products with your child's pediatrician or a pharmacist before use.

**How fast will it work?**

- No information is available.

**What are common side effects?**

- Appetite changes, dry mouth, diarrhea, dizziness, drowsiness, fatigue, light headedness
- May interact with other medications and supplements. Always ask your child's pediatrician or a pharmacist before using CBD with other medications.

**How do I store it?**

- Store at room temperature.
- Keep in a dry place away from light (cabinet, pantry, etc.).

**How long will it last?**

- Product expiration is usually 1-2 years, but can vary based on brand and quality of the product.
- Always look on the product packaging and label for an expiration date.

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Courtney Middleton, Jennifer Sterner-Allison

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