Cannabidiol (CBD) is everywhere. But how can you be sure of what you’re buying? Not all CBD products are created equal—including where they come from and how they are developed, tested, and approved for human use.

**WHERE DOES CBD COME FROM?**

CBD is extracted from cannabis plants, including the hemp variety. Other cannabinoids and elements related to products are removed during the purification process to achieve CBD purity. Only the non-FDA approved forms of CBD versus products approved by the Food and Drug Administration (FDA) are accessible only by a clinician’s prescription for FDA-specified medical uses. CBD is approved for use in pediatric seizures associated with Lennox-Gastaut syndrome (GWPCARE4) and Dravet syndrome.

**HOW DO I KNOW IF MY CBD IS SAFE?**

Although CBD products are widely available, it is hard to know the benefits and risks of CBD and what you are getting with non-FDA approved CBD. A 2018 study in the journal of the American Medical Association found that 70% of CBD products sold online did not contain the amounts of CBD that they claimed.

**THE BOTTOM LINE**

Like any medicine, CBD products should be evaluated for safety and efficacy, as well as any accompanying state FDA quality standards. The FDA is currently evaluating how to ensure that CBD products sold online or in stores are safe for consumer use.

**HEMP-DERIVED CBD**

• Products haven’t been shown to cause intoxication
• CBD is extracted from cannabis
• CBD comes from the cannabis plant, which also contains tetrahydrocannabinol (THC), the chemical that can cause the “high” associated with marijuana
• Low levels of CBD and THC can also be found in a type of cannabis plant called hemp

**MEDICAL MARIJUANA**

• Federally illegal; only medical marijuana products approved by the FDA are approved.
• Only FDA-approved CBD medicines can be marketed on a federal level to ensure the quality of the product on the shelf and consistent results across testing facilities and popular consumer products.
• The FDA also evaluated some retail/online CBD products and found they did not contain the levels of CBD that they claimed.

**THE FDA APPROVED CBD**

• Only FDA-approved medicines for a specific condition can be marketed.
• There is only one FDA-approved CBD medicine.
• FDA-approved medicines can be marketed only for a specific condition

**HOW DO I KNOW IF IT’S LEGAL?**

More Americans have access to CBD than ever before, but the laws can be confusing. For example, all 50 states have a law about cannabis plant CBD, but the laws determine whether it is legal for you to buy it.

**MORE TO KNOW**

• CAN I PURCHASE CBD IN ALL 50 STATES?
• How do I know if the type of cannabis plant CBD comes from determines whether it is legal and how it can be sold in the U.S.?
• THE BOTTOM LINE

**CAUTION**

• CBD products are marketed as food supplements and not as a treatment for any illness.
• The FDA has not approved CBD for seizures or other conditions.
• The FDA has not reviewed claims or standards for safety and effectiveness for CBD products as a treatment for any condition, including the use of CBD for a child’s epilepsy.
• Check to learn more.

Visit www.StraightFactsCBD.com to learn more.

**REVISION**

2. Jikomes N, Zoorob M. The cannabinoid content of legal cannabis in Washington state varies systematically and is everywhere, but how can you be sure of what you’re buying? Not all CBD products are created equal—including where they come from and how they are developed, tested, and approved for human use.

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