

What to Know Before Trying CBD

Learning these fast facts will help you make an informed decision before you partake.

By Emily Courter

CBD products have become incredibly popular in recent years. It can be found in everything from lip balms, body lotion, tinctures, vape cartridges, and more. Whether you're seeing it in gas stations, smoke shops, or convenience stores, these products can be difficult to escape. If your curiosity has been piqued by the colorful displays and powerful promises of this supplement, here are five things you should know before picking up your first CBD product:

1. **CBD can be used for many different purposes.** There are plenty of reasons you may be considering trying CBD. It's effective at treating a wide array of symptoms and disorders. It can soothe anxious thoughts and social anxiety as well as make it easier for insomniacs to rest. Some CBD users find the substance helps stabilize their mood and lift their depression, almost like a prescription antidepressant would. CBD also has anti-inflammatory properties, which can help with muscular and nerve pain.
2. **Unlike THC, CBD is not psychoactive.** Although CBD and THC are derived from the same plant, CBD will not leave you feeling intoxicated or "high". The two substances work on different receptors in your brain. CBD allows you the best of both worlds: relief from your symptoms, while you'll still be clear-minded and able to work, drive, and go about your day as normal.
3. **It's legal in all fifty states.** While products containing THC remain banned at a federal level, CBD products must be lab-tested before they can be approved for sale. As long as THC makes up 0.3% or less of the active ingredients of the product, then it is legal to sell, consume, and possess in all fifty states. This makes it an ideal choice for any travel-related anxiety you may experience, because as long as you stay in the US, you can bring it with you safely from departure to arrival!
4. **It comes in many different forms.** CBD can be consumed orally in a gummy or dosed capsule, sublingually via a tincture, applied topically in a balm, or even via transdermal patches specially formulated for extended-release. The form that you will want to choose will depend on what you are using it to treat and how quickly you want it to work. If you're treating sore muscles after a long workout, a balm applied directly to the skin will be most effective. Dosed capsules are convenient and discrete, especially if you're looking to take advantage of the long-term, anti-inflammatory effects of CBD. If you're taking it for anxiety, placing a few drops of CBD tincture under your tongue is the quickest way to get it into your bloodstream.
5. **You should consider the entourage effect.** CBD products can be labeled "CBD Isolate" or "Full Spectrum" and it's important to know the difference. A product labeled "CBD Isolate" only has CBD as the active ingredient. Isolate products have absolutely zero THC or other cannabinoids in them. It has been highly purified and contains no other compounds. Meanwhile, a "Full Spectrum" CBD product contains other

components derived from the same plant. These non-psychoactive components, called terpenes, are shown to potentiate the effects of CBD and may be a good fit for someone trying to treat ailments like chronic pain or severe anxiety. The increased effects from the combination of CBD and terpenes can provide greater relief than CBD alone.