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What are the benefits of CBD- and is it safe?

A prescription cannabidiol (CBD) oil is considered an effective anti-seizure medication. Epidiolex is approved by The Food and Drug Administration and treats two types of epilepsy in children. Aside from Epidiolex, state laws on the use of CBD vary.

CBD is a chemical found in marijuana but doesn’t contain tetrahydrocannabinol (THC) the psychoactive ingredient found in marijuana that produces a high. CBD derived from hemp, the result of the 2018 Farm Bill, is permitted in every state except South Dakota where there are still some restrictions. The cannabis plant contains over 100 different cannabinoids-healthy naturally- present compounds, including hemp and marijuana.

The usual CBD formulation is oil, but it is also sold as an extract, a vaporized liquid, an oil-based capsule, and topical creams. Foods, drinks, and beauty products are among the many CBD-infused products available online while CBD is being studied as a treatment for a wide range of conditions, including Parkinson’s disease, schizophrenia, diabetes, multiple sclerosis, and anxiety; research supporting the drug’s benefits is still limited.

CBD use also carries some risks. Though it’s often well-tolerated, CBD can cause side effects, such as dry mouth, diarrhea, reduced appetite, drowsiness, and fatigue. CBD can also interact with other medications, such as blood thinners.

Another cause for concern is the unreliability of the purity and dosage of CBD in products. A November 2017 study, in the Journal of the American Medical Association (JAMA), reported that 84 CBD products were purchased from 31 different online companies. The scientists took them to the laboratory, analyzed every one of them, and concluded that only 26 of the 84 product samples contained the amount of CBD oil claimed on their labels. That is less than one-third. A similar FDA study discovered some CBD products sold online had no CBD oil content whatsoever.

In October 2019, an online advertisement promoted a CBD product on the Shark Tank television show. While a quick internet search reveals no documentation regarding a specific CBD product being featured on that show. Most of the hype seems to be exaggerated or fabricated language to lure consumers in for their money. It is a scam with fictitious clinical trials and findings, including celebrity endorsements and presented experiences.

Whenever there is something as new and effective as CBD on the market, it does bring out a group of fast-buck artists out of the woodwork. This has certainly been the case with CBD. Currently, CBD has been incorporated with hemp extract, melatonin, omega 3; it has been promoted online, in magazines, and other media outlets. CBD businesses are integrated into every community in the US. Additionally, varied opinions are expressed regarding CBD. Dr. Sanjay Gupta states “CBD can help significantly in the opioid crisis that the US is currently facing”. Other physicians have prescribed treatment with CBD for patients with chronic pain, anxiety, and insomnia.

Also, because it’s so new, there are no FDA guidelines and regulations that apply to CBD. However, in November 2019, the FDA issued warning letters to 15 companies for illegally selling products containing CBD in ways that violate the Federal Food and Cosmetics Act. The FDA statement is as follows: “We remain concerned that some people incorrectly think the myriad of CBD products on the market, many of which are illegal, have been evaluated by the FDA and determined to be safe, and trying CBD can’t hurt. We want to be clear that several questions remain regarding CBD’s safety.”

As the CBD industry continues to flow along its wave of success, projected to be a 22-billion-dollar industry by the year 2022, new entries are surely to hit the market, most products are advertised online. Which means consumers have very limited opportunity to inquire about benefits and safety. Consumers should consult their medical physician for guidance and information regarding these products and continue to pursue medical treatment for their conditions.

References: [www.HealthmJ.com](http://www.healthmj.com)

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