



CBD (cannabinoid) Quick Reference

What is the difference between broad spectrum and full spectrum?

- Broad spectrum: contains many cannabinoids (component of the cannabis plant) that produce an intended effect/benefit but free of THC (non-detectable). This is for individuals who are subject to drug testing. This includes THC at levels less than 0.3% (legal limit). Third party testing by Smith Pharmacy to confirm.
- Full spectrum: refers to the use of the whole plant and not just certain components. This THC is not enough to cause a psychological effect, but it augments the effects of the other cannabinoids (entourage effect). Thus, the Full Spectrum is the "most effective" form of CBD that does not have mind altering effects.

Will CBD show up on a drug screening test?

- CBD products containing THC *can* show up and result in a failed test.
 - Chances of a failed drug test are less than 1%, however, with *long term* use of full spectrum products the chance increases because the body holds on to the THC longer.
- Broad spectrum CBD products are recommended to those individuals who are concerned about failing a drug test. It is possible (although unlikely), that a broad spectrum product could result in a failed drug test with long term use.
- Topical products will NOT cause a failed drug test.

What are some of the benefits of using CBD?

- CBD may help relieve pain and reduce inflammation
- CBD may help with relaxation and may reduce mild anxiety symptoms
- CBD may help with more restful sleep

CBD Sublingual Tinctures (oils)

- CBD oil is a mixture of CBD extract and a carrier oil (ex: coconut oil, hemp seed oil, or MCT oil).
- CBD oil is absorbed within 20-30 minutes after taking.
 - The oil should be held under the tongue for 15 to 30 seconds before swallowing for faster and more complete absorption. Oils have higher absorption rates than oral capsules or gummies.
 - Larger dose = quicker effect
 - Smaller dose = slower effect
 - Taking CBD after a fatty meal will help the oil be better absorbed.
- Dosing:
 - Typical start dose is around 15 - 30mg per day. Can increase every 3 days as needed.
 - Most conditions are treated with 15 - 90mg of CBD per day. Some conditions need higher doses.
 - 15 - 30mg is the most common dose used for oils
 - Generally used once per day, but with higher doses can be split and used twice daily.
 - Some references state most beneficial to use 40mg or less per dose. For example, if you are taking 80mg of CBD oil, might be most beneficial to take 40mg twice daily.
- Smith offers both Broad Spectrum and Full Spectrum CBD Sublingual Oils. We will offer only Full Spectrum.
 - Broad Spectrum : contains no THC
 - Full Spectrum: contains < 0.3% THC

CBD Capsules

- Dosing is easier. Has no taste.
- May take longer to start feeling effect when compared to the oil
- Dosing:
 - Typical start dose is around 30mg per day
 - May need to titrate up to 90mg per day as a maintenance dose for some conditions
 - 30mg is the most common dose used for capsules
 - Generally used once per day, but higher doses can be split and used twice daily.
- We offer only the Full Spectrum capsules.
 - Contains < 0.3% THC

CBD Gummies

- Dosing is easy. Tastes good.
- May take longer to start feeling effect when compared to the oil
- Dosing:
 - Typical start dose is around 10-15mg per day
 - Then titrate up to 15 - 80mg per day as a maintenance dose
 - 15 - 30mg is the most common dose used
 - Generally used once per day, but doses over 30 mg twice daily is recommended.
- We offer only the Full Spectrum gummies
 - Contains up to 0.3% THC

Contraindications

- Do not use if allergic to the cannabis or hemp plant or any of the product's added ingredients
- Do not use if you are pregnant, planning to become pregnant, or are breastfeeding
- Do not use if you have severe liver disease

Side Effects

- Most individuals do not have side effects from Full Spectrum or Broad Spectrum CBD
 - Over 90% of patients report no side effects from Full Spectrum or Broad Spectrum CBD
- Specialized isolates of CBD will have significantly more side effects (examples: Delta-8, Delta10, THCv, etc)
- Drowsiness or mental fogginess
 - Most commonly due to a dose that is too high
- Lightheadedness
- Low blood pressure
- GI effects

Notes

- CBD at Refine MD is limited to a few products and is supplied only by CBD Distillery through Smith Pharmacy to assure quality and consistency. Contact Smith Pharmacy (920.788.8888) for a consultation and/or more options.

