



# A HEALTHY LYNNFIELD

## PREVENTION SERIES

June 2019

### CBD PRODUCTS-WHAT'S THE DEAL?

#### ADDITIONAL INFO.

HARVARD HEALTH  
ON CBD

PENN MEDICINE  
ON CBD

#### SOURCE MATTERS

*When researching CBD products or information, be sure to use a reputable government site such as CDC, NIH or other .gov extension. If you internet search CBD, the first websites listed are all related to industry sales.*

#### ABOUT US

A HEALTHY LYNNFIELD  
WEBSITE

CONTACT US

#### Many Questions

What is CBD? How is it related to marijuana? Is it safe to use?

If you have had these questions and are uncertain of the answers, then you are not alone. CBD products are hitting the market and sales are being mainstreamed in some large retail chain stores. With increasing products on the market and increasing questions from the community, we thought we might shed light on this topic.

During our May Healthy Lynnfield meeting, this was a topic that parents, school and town officials, treatment professionals, clergy, and residents discussed.

#### What is CBD?

Cannabidiol or CBD is an active ingredient in cannabis sativae plants of which there are different varieties, namely marijuana and hemp. Both Tetrahydrocannabinol (THC) and CBD are found in cannabis plants. THC is the psychoactive ingredient meaning it elicits the "high" effect. CBD does not usually elicit a psychoactive response. However, CBD is a drug and, by definition, has a physiological effect in your body. It is NOT a natural supplement to be used without concern or consequence.

#### Is CBD Legal?

In December 2018 a Farm Bill was passed that made the production of hemp plants legal. The FDA defines hemp as any part or derivative of the Cannabis sativa plant containing less than 0.3% of THC by weight. This includes hemp plants that produce the concentrated liquid extract known as CBD. This extract can be a pure uncontaminated isolate or a product where the extract is mixed with other components of the plant depending on the process used. Therefore, unless it is an isolate and labeled as such, it is possible for CBD products to also contain THC.

#### Who regulates CBD products?

Unfortunately, product regulation is confusing to the average consumer, but it is important to safety. In Massachusetts, the Department of Agriculture and Resources (MDAR) regulates hemp and products containing less than 0.3% of CBD. Products containing over 0.3% are regulated by the MA Cannabis Control Commission. FDA continues to regulate cannabis products under the Food, Drug, and Cosmetic Act (FD&C Act) and Section 351 of the Public Health Service Act. Therefore, any product marketed with a claim of therapeutic benefit, regardless of whether it is hemp-derived, must be approved by the FDA before it can be sold.

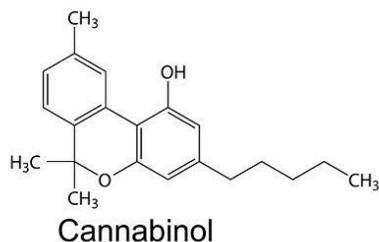


A Healthy Lynnfield's mission is to *empower residents to make positive choices every day. Together, we work to prevent substance misuse, to improve the quality of life for those impacted, and to support programs that help all young people thrive.*

## MORE ABOUT CBD

### What are the health impacts of CBD?

There is little long-term research on health effects of CBD. Currently, it has proven effective in treating some forms of epilepsy. Recently the FDA approved Epidiolex, a cannabis-derived medication for this condition. CBD is touted to help anxiety,



insomnia, and chronic pain, however more studies are needed to assess specific therapeutic doses for different types of concerns. Therefore, marketing claims for curing or alleviating a specific illness are most often largely unsubstantiated by peer-reviewed scientific research.

CBD can cause nausea, fatigue and irritability, and can interact with other medications. In addition, CBD is most often marketed as a supplement, not a medication. There are no clear labeling requirements relative to ingredients or effective dose.

If you choose to use a CBD product, it is best to check with your physician to ensure you are not at risk for any medication interaction or other harm.

### What about kids?

There is some concern that for youth whose employment requires a drug test, or for athletes that are required to be drug free, that CBD products may cause a positive drug screen because of the lack of guarantee that any product is THC free.

Most concerning is the volume and marketing of candy-like products and the subsequent "normalization" of ingesting products that have questionable consumer safety and regulation.

The best advice is to speak with your child about risks and to speak with your pediatrician.

### What are communities doing to respond to this issue?

Any local regulatory action is challenging because of current state and federal policy lines. In some communities, health departments have issued advisories to retailers selling the product. In other communities, there are attempts to have CBD products in adult-only stores, similar to some communities' local tobacco product restrictions.

A Healthy Lynnfield, working with the Office of the Town Administrator, has recently issued a voluntary request to retailers. The request simply asks stores that stock CBD products to voluntarily treat them like tobacco products and not to sell them to anyone under the age of 21. In addition, the request includes voluntarily securing CBD products behind the counter so they are NOT easily accessible to youth. That is our main concern. Adults are free to do as they please. As a community, we hope that everyone can work together to understand that CBD is a largely unregulated product that does not have good quality control. Labeling does not always match ingredients. For kids, it's about understanding that recreational use of any drug can pose a risk.

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*“Working together, we make a difference.”*

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## CBD PRODUCTS



## MISLEADING LABELING

A study published in JAMA by Marcel Bonn-Miller of Penn Medicine showed that 70% of CBD products sold online are over- or under-labeled meaning they contained higher or lower concentrations of CBD than claimed.