

What do people use CBD for?

A 2019 Gallup poll found that 14% of Americans use CBD products.

The 4 most common uses were for:

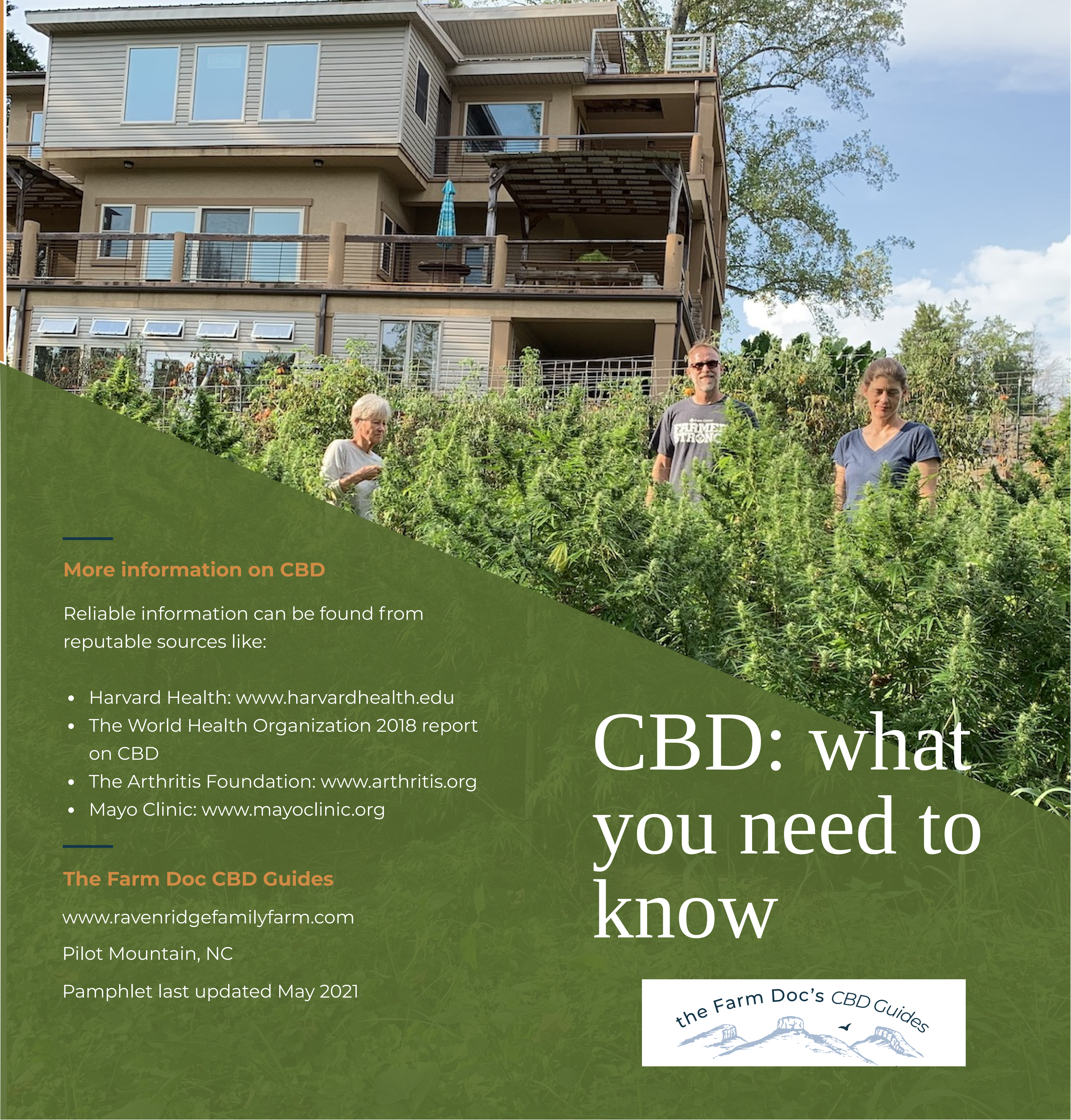
- Unspecified pain
- Anxiety
- Difficulty Sleeping
- Arthritis

*It is important to know that none of these uses have been evaluated or approved by the FDA.

Is there proof it works?

- **It has been approved by the FDA to treat certain seizures in children.**
- **There is anecdotal evidence that it may be useful for some conditions.**
- **There are lab studies on animal and human tissue that suggest how CBD might work.**

HOWEVER: There is currently no convincing evidence from well done clinical trials that indicate it is effective for any uses other than the FDA approved indication, treating certain seizures in children.



More information on CBD

Reliable information can be found from reputable sources like:

- Harvard Health: www.harvardhealth.edu
- The World Health Organization 2018 report on CBD
- The Arthritis Foundation: www.arthritis.org
- Mayo Clinic: www.mayoclinic.org

The Farm Doc CBD Guides

www.ravenridgefamilyfarm.com

Pilot Mountain, NC

Pamphlet last updated May 2021

CBD: what you need to know



Is it legal to use CBD?

Can CBD interact with other medications?



The 2018 and 2020 Farm Bills made it legal to grow and make products from hemp containing <0.3% THC.

All but 2 states have legalized CBD products based on the Farm Bills.



In Idaho, it is legal if derived from hemp and it contains no THC.



In South Dakota, it is not legal.

CBD can interact with some medicines, which may require monitoring more frequently. **You should review all of your medicines with your physician or other health care provider prior to using CBD.**

What are common side effects?

Based on experience in Canada and Europe, side effects are uncommon and mild.

The most common are dizziness, nausea, sleepiness, and stinging on the site of oral application.

Is CBD safe to use?

Regulated CBD products have been used in Europe and Canada for over a decade and are generally considered safe. In the US these products are unregulated and the quality and safety can vary between products.*

Discuss with your doctor or healthcare provider before taking CBD

- CBD is metabolized in the liver and can interact with some medicines metabolized there.
- CBD should not be taken if you have moderate to severe liver disease
- Children under 18, and women who are pregnant or breast feeding should not take CBD.



* Information on how to find a quality product can be found at www.ravenridgefamilyfarm.com/thefarmdocguides