

CANNABINOID 101

What are the most important 5 THINGS TO KNOW about cannabinoids?

Cannabinoids are a complex and evolving area in science and medicine. Understanding the terminology and the variation that exists from the molecular level, to products, to regulation, builds a strong foundation. However, rapid changes in this space make staying current vital.



1. TERMINOLOGY

Cannabis and cannabinoids are different

- *Cannabis sativa* L. is the plant¹
- Cannabinoids are molecules
 - Group of over 100 molecules, including THC and CBD²
 - Derived from the plant and other sources³

2. CANNABINOID SOURCES

Cannabinoids are often classified by their source

- Endocannabinoids are **made in the body**³
- Phytocannabinoids are **derived from plants**³
- Synthetic cannabinoids are **created in a lab**³

3. CANNABIS PRODUCTS

Cannabis-based products vary

- **FDA has approved** 4 cannabinoid-based products:^{4*}
 - 3 formulations of synthetic THC
 - 1 formulation of plant-based CBD
- **Non-FDA-approved:**
 - Dispensary products
 - Hemp products

4. LEGAL AND REGULATORY

Buyer beware: Insufficient regulation widespread

- FDA-approved products are dependably regulated to ensure consistency and quality^{4,5}
 - Products are approved based on efficacy and safety studies
- Non-FDA-approved products exist in a patchwork of regulation that is not standardized from state to state^{6,7}
 - CBD and THC levels are inconsistent⁸⁻¹⁰
 - Many products contain toxins, heavy metals or other harmful chemicals¹⁰⁻¹³

5. STAY CURRENT

Seek evidence-based scientific/medical information at [CannabinoidClinical.com](https://www.CannabinoidClinical.com)



CANNABINOID
CLINICAL
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CBD: cannabidiol; FDA: Food and Drug Administration; THC: delta-9-tetrahydrocannabinol. *As of October 2024

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