
Cannabinoids and Their Uses

Cannabinoids are one type of the many active compounds in cannabis. There are more than 100 cannabinoids but the most commonly used and most widely researched include:

- **CBD**- used for inflammation and pain, anxiety, seizure disorders, skin conditions
- **THC**- used for inflammation and pain, insomnia, anxiety
- **CBC**- used for inflammation and pain, skin conditions
- **CBG**- used for inflammation and pain, skin conditions
- **CBN**- used for insomnia, anxiety, inflammation and pain
- **THCV**- used for appetite suppression, diabetes, skin conditions, seizure disorders
- **CBDV**- seizure disorders, skin conditions

Many cannabinoids also have anti-cancer properties but cannabis is NOT A CURE for cancer. If you have cancer, talk to your doctor about using cannabis as a complementary treatment.

Terpenes and Their Uses

Terpenes are the volatile oils in cannabis and other plants that give them their characteristic smells and tastes. Terpenes are the primary component in essential oils of various plants. Terpenes have therapeutic value. Some of the most common terpenes in cannabis and their uses include:

- **Pinene**- anti-inflammatory, anti-bacterial, bronchial dilator, focus
- **Limonene**- uplifting, anti-anxiety, anti-depressant, nausea
- **Humulene**- anti-inflammatory, appetite suppressant, pain relief
- **Myrcene**- sedation, anti-inflammatory, muscle relaxant, pain relief
- **Beta-Caryophyllene**- anti-inflammatory, anti-anxiety, anti-depressant, pain relief
- **Nerolidol**- anti-anxiety, antibacterial, sedative
- **Linalool**- anti-anxiety, antibacterial, pain relief, sedative

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Warnings, Precautions, and Administration Information

What to know about the cannabis (CBD, THC) product(s) you're taking.

For Best Results

- To find the right dose for you, it's always best to "start low and go slow", increasing the dose until desired results are achieved.
- Doses may need to be administered 1-3 times per day.
- Keep a symptom log to monitor for effectiveness
- If no improvement is seen by the time a 30 mg dose has been reached, consult your provider for guidance.
- When taking cannabis oils, they should be held under the tongue for 2-3 minutes and should be taken with a meal that contains fat for best absorption.

Example Titration Schedule:

- Start with 12.5 mg of cannabinoid for 2-3 days. Increase by 12.5 mg every 2-3 days until desired effects are reached.

In the Event of "Overconsumption"

While you cannot have a cannabis overdose that causes death, you can over-consume cannabis (THC, in particular). This can cause some undesirable side effects like paranoia and anxiety. THC, at very high doses, also can cause a temporary elevation in blood pressure and heart rate that in someone with very serious heart disease, can precipitate a heart attack. If you, or someone you know, does over-consume THC, there are some simple strategies to help manage the symptoms until the THC wears off.

- Administer CBD to counteract the THC
- Drink lots of water or herbal tea
- Create a calm and restful environment
- Utilize a distraction like watching TV or listening to music

Medication Interactions

Some medications can INCREASE the effects of CBD requiring a lower dose including:

- Diltiazem (Tiazac, Cardizem, Dilacor)
- Erythromycin (Robiycin, Ilosone, Acnasol)
- Itraconazole (Sporanox)
- Ketoconazole
- Miconazole (Monistat)
- Ritonavir (Norvir)
- Verapamil (Calan, Veralan, Isoptin)
- Amiodarone (Cordarone)
- Clarithromycin (Biaxin)

Some medications can DECREASE the effects of CBD requiring a higher effective dose including:

- Cabamazepine (Tegretol, Equetro, Carbetrol)
- Phenobarbital
- Phenytoin (Dilantin)
- Primodone (Mylosine)
- Rimfampicin (Rifampin, Rifadin, Rifater, Rimactane)
- St. John's Wort

Cannabinoids like CBD and THC should be used with caution or avoided when taking the following medications. If you take any of the following, consult your physician before using.

- Clobazam
- Valproate
- Simvastatin, lovastatin, atorvastatin
- Warfarin (Coumadin)
- Immunotherapy anti-cancer agents (e.g., nivolumab)

WARNINGS

- The FDA has not evaluated any statements made or these products. This product(s) is/are not intended to diagnose, treat, cure, or prevent any disease.
- Cannabis has a high safety profile, meaning that it is safe for most people to take. However if you are pregnant, nursing, have a medical condition, or are taking medication, consult your physician before taking.
- If your product contains Delta-8 THC, it may cause drowsiness. Do not drive while using or operate heavy machinery.
- Do not take a product containing Delta-8 THC if you are subject to drug testing.
- Do not take a product containing a full-spectrum or broad-spectrum CBD/hemp oil if you are subject to drug testing.
- For topically applied-only products, avoid contact with the eyes and mucous membranes and do not apply to wounds or damaged skin. If accidentally ingested, seek medical assistance or call poison control.
- Keep all products away from children and pets.
- Keep away from excessive heat or flame. Store in a cool, dark place.