

## What is Full Spectrum CBD?

**Cannabidiol (CBD)** is a non-intoxicating compound found in marijuana and hemp plants. Unlike the delta-9-tetrahydrocannabinol-5 (THC) found in marijuana, CBD does not make users feel “high”. CBD can be used to treat symptoms associated with inflammation and nerve-based pain, as well as for anxiety relief.

Patients interested in using CBD will encounter a variety of CBD products. Some of these are labeled as containing “**full spectrum**” or “**whole plant**” CBD. These products contain CBD, but they also contain small amounts of other compounds found in the cannabis plant. These may include THC, although products labeled as CBD legally cannot contain more than 0.3% THC. Full-spectrum products differ from those labeled “**pure**” CBD or “**CBD isolate**”, which contain only cannabidiol.

In some studies, full spectrum CBD products have been found to provide more effective symptom relief than CBD isolate. The reason for this is not entirely understood. Other compounds may have effects even at very low concentrations. **Cannabinoids** and **terpenes** found in full spectrum CBD may have beneficial medical effects. These compounds may also work in combination with CBD to produce a more significant effect. This concept is often referred to as the “**entourage effect**”—the idea that different compounds in the cannabis plant work together to produce a stronger result than any of them would produce on their own.

Some patients may still have reasons to use pure CBD. If you want to carefully control your dose, a product that is nearly 100% pure CBD will make that easier to do. Other consumers might prefer to avoid products that contain compounds whose effects are still being studied. Depending on your condition and the symptoms you hope that CBD will relieve, your doctor or dispensary staff can recommend starting with a specific product.