

# What is CBD? (Cannabidiol)

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## CBD

**Formula:**  $C_{21}H_{30}O_2$

**Decarboxylation Point:** 115-145°C (239°F to 293°F)

**Boiling Point:** 180°C (356°F)

CBD (Cannabidiol) is one of over 60 compounds found in the cannabis plant that belong to a class of compounds called cannabinoids. Of these compounds, CBD and THC are present in the highest concentrations, and are therefore the most recognized. Within different strains and varieties of cannabis, CBD and THC levels will vary. In the last several decades, selective breeding techniques have produced strains of cannabis that are specifically high in CBD.

Unlike THC, CBD does not cause a “high”, and is commonly referred to as “non-psychoactive”. Studies suggest that CBD acts to counter the intoxicating effects of THC, including memory impairment and paranoia. Both CBD and THC have been found to present no possible risk for a lethal overdose. Patients looking to reduce potential negative side effects of THC, as well as those in search of clear headed relief, may benefit from the use of cannabis strains with higher levels of CBD.

## Therapeutic Properties of CBD

According to a 2013 review published in the British Journal of Clinical Pharmacology, studies have found CBD to possess the following medical properties:

**Antiemetic:** Combats nausea and vomiting

**Anticonvulsant:** Combats seizure activity

**Antipsychotic** Combats psychosis disorders

**Anti-inflammatory:** Combats inflammation

**Anti-oxidant:** Combats neurodegenerative disorders

**Anti-tumoral/Anti-cancer** Combats tumor and cancer cell growth

**Anti-depressant:** Combats anxiety and depression disorders

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At Theory Wellness, we select cannabis phenotypes that are particularly rich in CBD, such as our AC/DC or Pennywise. Ask one of our cannabis consultants about CBD next time you stop by – we’ll be happy to provide further education on this therapeutic compound.

**Bridgewater** · 1050 Elm Street, Bridgewater, MA · [info@theorywellness.org](mailto:info@theorywellness.org)