

different receptors in the body associated with pain, inflammation, sleep and seizures. The only FDA-approved use of CBD is to treat certain rare forms of epilepsy, a condition in which patients have seizures.

CBD products come in many forms, including oils, capsules, edibles, inhaled CBD, powders and creams. The type of CBD product used does change how much and how quickly CBD is absorbed. Inhaled forms of CBD build up in the blood most quickly, followed by those taken by mouth. CBD in capsules can delay the absorption of CBD into the body by 30 minutes and may lead to higher CBD levels in the stomach and intestines.

Edible CBD products (those with Nutrition Facts labels) are less likely to build up in the blood quickly enough to interact with other drugs, but caution should still be taken. CBD products applied to the skin and hair have little risk of being absorbed into the blood and are the least likely to cause side effects.

In addition to the lower concentration from edible CBD products, these products also spare the lungs from the harmful effects of inhaling burned oil. These products come in various forms, from gummies to cookies to drinks. They can be categorized as full spectrum (containing several compounds besides CBD), broad spectrum (containing fewer compounds than full spectrum, with no trace THC), and CBD isolate, which is pure CBD. Even though they may carry a Nutrition Facts label they currently are not regulated by the FDA.

The actual amount of CBD and other products may vary, making the use of CBD products not without risk. If you choose to use them, check with your physician. Then, to make sure you're getting a quality product, the first thing you'll want to look for is an up-to-date certificate of analysis (COA) from a third-party lab. It's best if the lab is ISO-17025 certified, which means they are certified to produce accurate results.

There might be a supplement facts label on CBD products that gives you more information on the type and quality of the product you are getting. But again, currently FDA does not recognize CBD as a dietary supplement.