**CBD Use in Children and Youth** 

**CBD: Quick Facts**

* Cannabidiol (CBD) is a naturally occurring compound of industrial hemp/cannabis
* Marijuana contains both CBD and THC.
* THC causes the “high,” while CBD does not.
* Any use of CBD as a vitamin supplement or homeopathic treatment is risky for young people because it has not been studied for safety and/or effectiveness.

**Parents, did you know?**

* Many CBD products are available in retail market settings, such as Farmers’ Markets and Food Co-ops.
* Vermont law does not currently restrict the sale of CBD products to minors.
* Because CBD has not been subjected to scientific study, there is no determination of safety for use by children.
* CBD can be found in products appealing to children, such as candy and honey.
* Check the labels of foods you and your children buy to determine if they contain CBD.
* CBD is used on one type of medication in controlling seizures in children with a certain type of epilepsy.
* No studies have been conducted to determine whether CBD has therapeutic properties or is safe for children to ingest.
* The most common side effects of CBD are nausea, vomiting, diarrhea, and bloating.[[1]](#footnote-1)
* 10 percent of patients in a CBD seizure study showed liver function changes and 3 percent discontinued the study due to possible liver damage.
* Let your medical provider know if you and/or your child use CBD. Drug interactions between CBD and other common medications have been found and could result in toxicity or serious side effects. [[2]](#footnote-2)

**Learn more:**

[www.greenpeakalliance.org](http://www.greenpeakalliance.org)

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1. New England Journal of Med 2017; 376:2011-2020 DOI: 10.1056/NEJMoa1611618 [↑](#footnote-ref-1)
2. FDA *What you need to know (and what we’re working to find out) about products containing cannabis or cannabis-derived compounds (including CBD).*[*https://www.fda.gov/consumers/consumer-updates/what-you-need-know-and-what-were-working-find-out-about-products-containing-cannabis-or-cannabis*](https://www.fda.gov/consumers/consumer-updates/what-you-need-know-and-what-were-working-find-out-about-products-containing-cannabis-or-cannabis) [↑](#footnote-ref-2)