
What You Need to Know (And What We're Working to Find Out) About Products Containing Cannabidiol (CBD)

The FDA is working to answer questions about the science, safety, and quality of products containing CBD.

You may have noticed that cannabidiol (CBD) seems to be available almost everywhere, and marketed as a variety of products including drugs, food, dietary supplements, cosmetics, and animal health products. Other than one prescription drug product to treat two rare, severe forms of epilepsy, the U.S. Food and Drug Administration (FDA) has not approved any other CBD products, and there is very limited available information about CBD, including about its effects on the body.

The FDA is concerned that people may mistakenly believe that trying CBD “can’t hurt.” The agency wants to be clear that we have seen only limited data about CBD’s safety and these data point to real risks that need to be considered. Consumer use of any CBD products should always be discussed with a healthcare provider. Consumers should be aware of the potential risks associated with using CBD products.

1. CBD has the potential to harm you, and harm can happen even before you become aware of it.
 - CBD can cause liver injury
 - CBD can affect the metabolism of other drugs, causing serious side effects
 - Use of CBD with alcohol or other Central Nervous System depressants increases the risk of sedation and drowsiness, which can lead to injuries
2. CBD can cause side effects that you might notice. These side effects should improve when CBD is stopped or when the amount ingested is reduced.
 - Changes in alertness, most commonly experienced as somnolence (drowsiness or sleepiness)
 - Gastrointestinal distress, most commonly experienced as diarrhea and/or decreased appetite
 - Changes in mood, most commonly experienced as irritability and agitation
3. There are many important aspects about CBD that we just don’t know, such as:
 - What happens if you take CBD daily for sustained periods of time?
 - What level of intake triggers the known risks associated with CBD?
 - How do different methods of consumption affect intake (e.g., oral consumption, lotions, smoking or vaping)?
 - What is the effect of CBD on the developing brain (such as children who take CBD)?
 - What are the effects of CBD on the developing fetus or breastfed newborn?
 - How does CBD interact with herbs and botanicals?
 - Does CBD cause male reproductive toxicity in humans, as has been reported in studies of animals?