

# CBD in Maine

A guide to common questions

## WHAT IS CBD?

Cannabidiol, or CBD, is a cannabinoid found in the cannabis plant.<sup>4</sup>

Hemp & marijuana are a part of the cannabis family & **both** contain CBD.<sup>6</sup>

### Q: Are CBD products legal?

A: Hemp-derived CBD products like lotions, extracts & edibles are legal to produce & purchase.<sup>2</sup>

CBD products are legally required to use hemp plants that have less than **0.3% THC**.<sup>9</sup>

**THC** is the psychoactive high-producing chemical, or cannabinoid, found in marijuana.<sup>1</sup>

**STOP**

### Legal, but not regulated!

- The FDA does not test levels of THC or evaluate **any** CBD product.
- Products may contain **higher than the legal** amount of THC.<sup>5,6</sup>



### Q: If I use hemp-derived CBD, will I pass a drug test?

A: You may test **positive** for marijuana due to a build up of THC or **unregulated** products that contain high amounts of THC.<sup>2</sup>

THC may remain in your body from **30 to 90** days depending on usage & test method.<sup>8</sup>

### Check Your Workplace Policy!

Safety sensitive jobs like state agencies, healthcare professionals, law enforcement, transportation & the military **ban the use of both hemp & marijuana-derived CBD products**.<sup>7,3</sup>

Products **cannot** advertise or claim that CBD can diagnose, treat, cure or prevent any disease, condition or injury or be marketed as a dietary supplement.<sup>5,9</sup>



### Q: Are hemp-derived CBD products safe?

A: There are **many unanswered questions & limited data** concerning the safety of hemp-derived CBD.<sup>5</sup>

CBD products may include additional **unregulated** ingredients.<sup>5</sup>

### Health Risks<sup>5</sup>

- liver damage
- changes in mood, irritability & agitation
- decreased appetite or drowsiness
- CBD may have negative side effects when mixed with other substances

The FDA strongly advises **against** the use of **CBD** during pregnancy & breastfeeding.<sup>6</sup>



### HEMP

- Hemp contains **high** levels of **CBD**.
- Hemp-derived CBD products **can** be purchased online & in stores.<sup>1</sup>

### MARIJUANA

- Marijuana contains **high** levels of **THC & CBD**.
- Marijuana-derived CBD products are intoxicating & available from **state-certified** retailers only.<sup>1</sup>

## Learn More!

- Products like creams, oils & salves **can** be brought into Maine & sold.<sup>9</sup>
- The 2018 Farm Bill reclassified hemp as a **federally legal** crop to grow & sell.<sup>2</sup>
- Ingestible hemp-derived CBD products like honey, sauces & other edibles **cannot** be brought into Maine & sold.<sup>9</sup>
- Hemp must be planted using a **state-certified** seed source for all CBD products.<sup>10</sup>

## Sources

1. Holland, K. (2020, July 20). CBD from Marijuana vs CBD Oil from Hemp (E. Theisen, Ed.). Retrieved August 4, 2020, from <https://www.medicalmarijuanainc.com/cbd-hemp-oil-vs-cbd-marijuana/>
2. Johns Hopkins Medicine. (2019, November 4). Some CBD products may yield cannabis-positive urine drug tests. ScienceDaily. Retrieved August 4, 2020 from [www.sciencedaily.com/releases/2019/11/191104141650.htm](http://www.sciencedaily.com/releases/2019/11/191104141650.htm)
3. Kime, P. (2019, August 21). Defense Department Officials: All CBD Products Forbidden to Troops. Retrieved from <https://www.military.com/daily-news/2019/08/21/defense-department-officials-all-cbd-products-forbidden-troops.html>
4. Merriam-Webster. (n.d.). CBD. In Merriam-Webster.com dictionary. Retrieved March 4, 2020, from <https://www.merriam-webster.com/dictionary/CBD>
5. Office of the Commissioner. (2020, March 5). What to Know About Products Containing Cannabis and CBD. Retrieved August 4, 2020, from <https://www.fda.gov/consumers/consumer-updates/what-you-need-know-and-what-were-working-find-out-about-products-containing-cannabis-or-cannabis>
6. Office of the Commissioner. (2019, October 16). What You Should Know About Using CBD When Pregnant or Breastfeeding. Retrieved August 4, 2020, from <https://www.fda.gov/consumers/consumer-updates/what-you-should-know-about-using-cannabis-including-cbd-when-pregnant-or-breastfeeding>
7. Parke, B. (2020, February 18). DOT CBD NOTICE. Retrieved from <https://www.mmta.com/dot-cbd-notice/>
8. Vandergriendt, C. (2019, May 6). How Long Does Weed Stay in Your System? Blood, Urine, Hair, Saliv (Z. R. Cochrane, Ed.). Retrieved August 14, 2020, from <https://www.healthline.com/health/how-long-does-weed-stay-in-your-system>

## State of Maine Sources

9. Maine Agency Guidelines for Enforcement PL 2019 c. 528 [LD 1749] December 1, 2019
10. Maine Department of Agriculture, Conservation and Forestry. (2020, February 3). Hemp Licensing. Retrieved February 4, 2020, from <https://www.maine.gov/dacf/php/hemp/index.shtml>

Do you know  
what's in  
**your** CBD  
products?



Access Health is a community health coalition working to encourage healthy choices & prevent underage substance use in Sagadahoc County, Brunswick & Harpswell.