

(Image:

[http://upload.wikimedia.org/wikipedia/commons/e/e4/Dongguan_Avenue_\(CBD\)_2010.jpg](http://upload.wikimedia.org/wikipedia/commons/e/e4/Dongguan_Avenue_(CBD)_2010.jpg)) Wendy Rose Gould is a lifestyle reporter with over a decade of experience covering health and wellness topics. Steven Gans, MD is board-certified in psychiatry and is an active supervisor, teacher, and mentor at Massachusetts General Hospital. Karen Cilli is a fact-checker for Verywell Mind. She has an extensive background in research, with 33 years of experience as a reference librarian and educator. Generally speaking, cannabidiol (CBD) is considered a safe substance when applied topically or [cbd supplements](#) taken orally. There are, however, some potential side effects to keep in mind when using this substance, the majority of which are mild. This article discusses the most common [cbd hemp extract](#) side effects and other factors you should consider before taking CBD products. It also covers some of the potential benefits [cbd gummies](#) may offer. According to federal law, all hemp-derived CBD products must contain less than 0.3% THC. You should always check your state's laws before purchasing CBD or CBD-derived products. [external site](#)

The most common side effects of CBD include drowsiness, gastrointestinal issues, dry mouth, reduced appetite, nausea, and interaction with other medications. Those are outlined in greater detail below. Drowsiness and sedation are among the most common CBD side effects. This is also considered a benefit for some people, but Jas Matharu-Daley, MD, a physician and chief medical officer for a CBD brand, notes that the effects might be too strong if you're also taking CBD with other sedating medications. Stomach upset or other gastrointestinal problems are another common side effect of CBD and CBD-derived products. This is dependent on the individual and their medical history, so monitoring is important. The U.S. Food and Drug Administration (FDA) warns that CBD may cause liver damage. In clinical trials on Epidiolex, a CBD-derived prescription medication used to treat seizures, was linked to an increased risk for high liver enzymes, a sign of liver damage. Also known as "cotton mouth," CBD can potentially cause your mouth and eyes to feel very dry.

Though this side effect is more likely to occur with THC, it can happen with [cbd oil](#) as well. Dry mouth, or xerostomia, is a common side effect of different medications and substances. The exact reasons why CBD causes this effect are not fully understood, but some research suggests that CBD's impact on the endocannabinoid system might affect how saliva is produced. CBD might interfere with the other medications you take. While research on CBD and drug interactions is ongoing, it has been found to interact with antidepressants, opioid pain relievers, anti-epileptic drugs, alcohol, and acetaminophen. Dr. Matharu-Daley says it's important to talk to your doctor about whether CBD could affect your existing prescriptions. In some cases, those who ingest [CBD supplements](#) might experience nausea, says Dr. Matharu-Daley. This depends on how sensitive the person is to CBD, as well as the amount they ingest. Because [CBD supplements](#) come in so many different forms-such as oils, gummies, tinctures, and vapors-the amount that's actually absorbed can vary drastically.

(Image: <http://hdl.handle.net/10796/D6B16C0D-63F9-40D1-B9B4-236E521F8CBD>) This, combined with each person, will ultimately affect which (if any) CBD side effects you might experience. What is Cannabidiol ([cbd tincture](#))? CBD-the abbreviation for cannabidiol, a substance that's generally derived from the hemp plant-has skyrocketed in popularity over the last five years. CBD is one of the many chemical compounds that is found in the cannabis plant-referred to as cannabis sativa. There are two primary parts of the plant that humans use. One is THC, or Delta-9-Tetrahydrocannabinol, [CBD supplements](#) and the other is CBD. Though they're from the same plant, THC and CBD are quite different from each other. CBD is not an intoxicating substance, whereas THC is a psychoactive that can get you high. CBD is derived from hemp and has been classified as a legal substance. U.S. Food and Drug Administration. What you need to know (and what we're working to find out) about products containing cannabis or cannabis-derived compounds, including CBD.

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