

CBD (cannabidiol) and THC (tetrahydrocannabinol) are both natural compounds found in the cannabis plant, but THC causes intoxication or a "high", while CBD is completely non-intoxicating. They interact with the body's nervous system in distinct ways and carry different legal rules. [1, 2]

High-Level Differences

Intoxication: THC binds to CB1 receptors in the brain to create a euphoric high; CBD does not bind to these receptors and keeps you clear-headed.

Potential Uses: THC is often used for pain, muscle spasms, nausea, and stimulating appetite. CBD is often used for anxiety, sleep support, inflammation, and specific seizure disorders (like the FDA-approved drug Epidiolex).

Side Effects: THC can cause rapid heart rate, memory issues, dry mouth, anxiety, and potential dependence. CBD is generally well-tolerated, though high doses can cause drowsiness or liver enzyme changes.

Legality: Hemp-derived CBD containing under 0.3% THC is federally legal in the U.S. THC remains federally illegal, though many states allow it for medical or recreational use.

Regulation: Over-the-counter CBD is loosely regulated,

**whereas state-licensed THC products from dispensaries
undergo strict safety and potency testing.**