

How to Read a CBD Label

From gas stations to health food stores, it seems that Cannabidiol products can now be found just about anywhere. But not all products are created equal. Learning to read the CBD label can help you understand exactly what you are putting into your body. While there is no uniform format for CBD labels, there are important things that you should look for.

Third party verification:

More and more companies are paying for a third party (unaffiliated) laboratory to test their products to assure customers that what you see is what you get. These companies often have a QR code on their label, which can be scanned in order to view a certificate of analysis. The certificate of analysis certifies the contents of the CBD product. In other words, it tells you if the ingredients in the quantities listed on the label are truly what is inside.

Type of CBD:

The label often mentions the type of CBD oil in the product. This could be full spectrum CBD, broad spectrum CBD, or CBD isolate. Full spectrum CBD contains small amounts of other cannabinoids and terpenes, including THC. Tetrahydrocannabinol (THC) is the chemical responsible for most of the marijuana's psychological effects. Broad spectrum CBD contains small amounts of other compounds, but the THC is removed. CBD isolate is pure CBD with all other compounds removed.

The label may also indicate whether the CBD is hemp or marijuana derived. It is very important to know where your CBD is coming from because marijuana derived products are much higher in THC. It may show up on drug tests and is illegal in some states. Hemp derived products, on the other hand, have no more than .3 percent THC.

Amount of CBD:

It is important to differentiate between the amount of CBD in the entire product vs. the amount of CBD in one serving of the product. Big letters on a label stating a certain amount of CBD in mg often are referring to the amount of CBD in the entire bottle. To find the amount of CBD per serving, look for the mg/ml. This is often found under, "supplement facts."

Tip: Check the Serving Size

The serving size will tell you how much CBD is considered one serving according to the manufacturer. The rest of the nutrition facts on the label are based on this serving size. If the serving size is 1 full dropper, but you use 2 droppers, multiply all of the nutrition facts by 2. If the serving size is 1 full dropper but you only use half of one, divide all of the nutrition facts by 2.

Other Ingredients:

CBD products have an ingredients list on their labels which shows the additional ingredients in the product. Many CBD oils have a carrier oil, usually plant or nut based, which can be important to take note of if you have allergies or other health concerns. CBD products may have sugar or other sweeteners added as well. If you do not know a word in the ingredients list, be sure to look it up!

Manufacturing Date:

This tells you when the product was made. CBD can break down over time, so it is important to know that it was produced recently.



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