



# HOW DO HEMP CBD AND CANNABIS CBD DIFFER?



To put it simply- they differ in CBD and THC levels. One of the biggest differences between CBD that is derived from hemp versus from cannabis is the levels of CBD and tetrahydrocannabinol, or THC. The levels of both THC and CBD are different in hemp versus cannabis.

THC is found in cannabis in much higher concentrations compared to the THC that is found in hemp. Cannabis has approximately 5% to 10% of THC, which is what causes a psychoactive effect. On the other hand, hemp only has approximately 0.3% to 1.5% THC, which is nowhere near enough to get a person high.

Hemp is naturally low in THC but high in CBD, and vice versa for cannabis.

THC evokes feelings of pleasure, pain alleviation and relaxation though some users may get more anxious and even experience paranoia while under the influence of THC. By contrast, the higher concentrations of CBD in hemp are linked to reverse those effects of THC.

Hemp CBD is associated with several positive health effects, such as reducing nausea and inflammation. It has also been associated with the ability to fight cancerous tumors. Further, studies are suggesting that CBD from hemp may even have the ability to combat depression, diabetes and MS.

That said, cannabis-derived CBD possesses certain medicinal applications that can be very useful. In particular, CBD from cannabis has been linked to pain relief in patients with cancer and AIDS, and has been shown to alleviate the negative side effects of chemotherapy treatment. Just know that many of the positive health benefits of marijuana-derived CBD can come with psychoactive feelings that don't come with hemp-derived CBD.