

# THE TRUTH

## About Cannabis Consumer Products



1



### Myth:

**Cannabis products relieve stress, decrease anxiety, improve health, etc.**



### Fact:

While cannabis products are often promoted as effective treatments for a broad variety of medical conditions, there is not sufficient scientific evidence to prove these health claims. In fact, the FDA has stated the agency cannot confirm CBD is “generally recognized as safe” in food (i.e. gummies), and FDA has only approved one CBD prescription as safe and effective.

2



### Myth:

**Cannabis products sold in stores are all natural, safe, and labeled properly.**



### Fact:

Not only have clinical trials shown CBD is associated with significant and potentially dangerous drug interactions and adverse health effects, the products currently available without a prescription are also untested, often mislabeled, and may pose health risks. FDA testing of more than 100 CBD products found that half were mislabeled, and nearly 40 had more than 120% of the CBD level listed.<sup>1</sup> Independent testing of the 240 top-selling products found that 70% were highly contaminated with substances including lead, arsenic, and toxic mold.<sup>2</sup>

3



### Myth:

**No one has ever been harmed by using CBD consumer products.**



### Fact:

Dozens of CBD-related incidents across the country have been reported. The American Association of Poison Control Centers has reported over 3,200 cases related to CBD in 2021 alone.<sup>3</sup> More incidents may go unreported, as consumer CBD products are consumed without healthcare supervision.

4



### Myth:

**“Pure” CBD products contain no THC - the psychoactive component of cannabis.**



### Fact:

Without FDA regulation, CBD products are often mislabeled and could contain enough THC to cause impairment, impact drug tests, and more. FDA’s report to Congress found that nearly 20 of the top CBD consumer products tested contained THC, though this was not disclosed on the label.<sup>4</sup>

5



### Myth:

**The FDA enforces regulations against companies making false medical claims and ensures unsafe products are taken off the market.**



### Fact:

Despite FDA warning letters to the most egregious actors, many companies continue to sell harmful and/or mislabeled products and market them in misleading ways to the public. Consumers are understandably confused about what is legal and safe to consume.

1. <https://files.constantcontact.com/0ac3ac29601/07fb4b7e-2a70-4190-ba6b-9bb8f9f2264c.pdf>

2. <https://www.prnewswire.com/news-releases/independent-lab-testing-critical-for-cbd-formulas-300936329.html>

3. American Association of Poison Control Centers, Alert: Cannabidiol (CBD) <https://aapcc.org/CBD-Alert>

4. <https://www.4safecbd.org/post/more-cause-for-concern-about-cbd-fda-s-report-to-congress>

5. [www.4safecbd.org/post/more-cause-for-concern-about-cbd-fda-s-report-to-congress](https://www.4safecbd.org/post/more-cause-for-concern-about-cbd-fda-s-report-to-congress)