

# FREQUENTLY ASKED QUESTIONS

## WHAT IS CBD OIL?

CBD, short for cannabidiol, is found in the cannabis plant. Cannabis is a plant category that includes hemp and marijuana, which means you can get CBD from both hemp and marijuana. CBD isn't the only cannabinoid found in cannabis; in fact, over 100 cannabinoids have been discovered so far. We are focused on the CBD that comes from hemp, a plant that has been used for centuries by many cultures, but which cannot get you "high".

## WHAT CAN CBD OIL BE USED FOR?

CBD oil has numerous benefits, such as anti-inflammatory and neuroprotective properties through the endocannabinoid system (ECS). It can be used to help treat anxiety (both in humans and pets), depression, digestion, immune function, memory, mood, motor control, pain, pleasure and reward, sleep and temperature regulation.

## WHAT IS THE ENDOCANNABINOID SYSTEM?

The ECS is extremely complex and plays important roles in many vital processes, and it holds promise as a treatment target for many debilitating conditions. This system helps to maintain optimal balance in the body – known as homeostasis. It also helps regulate sleep, appetite, digestion, hunger, mood, motor control, immune function, pleasure and reward, pain, memory and temperature regulation. When the ECS is disrupted, any one of these things can fall out of balance. When the body does not produce enough endocannabinoids or cannot regulate them properly, you are more susceptible to illnesses that affect one or several of the functions mentioned above.

## ARE HEMP AND MARIJUANA THE SAME?

**No.** Hemp is completely different from marijuana in its function, cultivation and application. Marijuana, is used for medicinal or recreational purposes. Hemp is used in a variety of other applications that marijuana cannot be used in, such as dietary supplements, skin products, clothing and accessories.

## ARE ANANDA PROFESSIONAL PRODUCTS LEGAL?

**Yes.** On December 20, 2018 President Donald J. Trump signed into law the 2018 Agricultural Improvement Act, otherwise known as the 2018 Farm Bill. This act contained language specifically inserted by Senate Majority Leader Mitch McConnell (KY) that completely legalized industrial hemp and ended nearly 80 years of prohibition on the plant. Hemp is now completely exempt from the definition of the Controlled Substance Act (CSA).

## WILL I GET "HIGH" FROM HEMP?

**No.** While there are at least 113 known cannabinoids produced by the hemp plant, cannabis is identified by its two active ingredients: THC and CBD. Cannabinoids are the chemicals that give the cannabis plant its medical and recreational properties. Among the 113 cannabinoids produced, THC and CBD are the most prevalent and the most well-understood. THC is the **only** molecule in the cannabis family with a psychoactive component. It's the only one that will get you "high". **CBD, even at extremely high doses, will not make you feel "high."** CBD is a non-psychoactive cannabinoid and actually works to counteract the high.

## WILL CBD OIL SHOW UP IN A DRUG TEST?

Yes, it's possible to fail a drug test with any CBD product due to a variety of reasons;

- *Product*: Is your product a full spectrum product (does it contain THC)?
- *Dosage*: How much is consumed and how often?
- *Medical factors*: What other medications are being taken? Does the person have liver and/or kidney disease?
- *Metabolism*: How quickly does the individual metabolize the oil?
- *Drug test itself*: There are different manufacturers, different detection levels, sensitivities, etc.

## DIFFERENT CANNABINOIDS AND DRUG TESTING

First, isolated CBD, also known as Cannabidiol, **generally will not show up in a drug test**. That's mainly because **drug tests are not looking for all** cannabinoids, **they're looking for one specific** cannabinoid. However, a full spectrum product will contain array of other cannabinoids (such as CBG, CBN, CBC, THCV, etc.) which may show positive on a drug test. Currently, we don't know what other cannabinoids may trigger a drug test. It's confusing right out of the gate, right? Let's simplify by breaking down the facts to learn if your CBD Oil will show up in a drug test.

## DRUG TESTS AND FULL-SPECTRUM CBD PRODUCTS

First, let's consider full-spectrum products. All of Ananda's products are derived from hemp, which means they have a naturally low level of THC: less than 0.3%. This also means they are perfectly permissible under federal law and, thanks to the 2018 Farm Bill, the cannabinoids in these products are permanently removed from the Controlled Substances Act. Due to the low level of THC, these products are not considered intoxicating. They won't get anyone high.

Although unlikely, it is possible that someone could fail a drug screen when using these products. Drug tests look for elevated levels of the intoxicating molecule, THC. The drug test identifies if a THC level is above a particular threshold. If so, it's considered positive. Theoretically, you could use enough hemp extract and therefore consume enough THC to truly surpass that threshold and trigger a true positive...but it would be pretty difficult. And expensive.

And no, there is no "magic dose" of CBD oil / hemp extract that you can use and ensure you stay below the THC threshold in a drug screen. Metabolism of THC is highly individualized and depends on many variables, including body composition, activity level, dose, duration of use, etc. However, what's *more* likely is that hemp extract triggered a *false-positive*. This is because the most commonly used drug tests, urine and saliva immunoassay tests, are so common because they are quick, cheap, and easy. But unfortunately, they aren't very *specific*. That means they can confuse one molecule for another, especially when they look alike. This can happen with CBD and THC, which would trigger a FALSE positive.

## WHAT IS THE "ENTOURAGE EFFECT" AND WHY IS IT IMPORTANT?

Cannabinoids, terpenes and other chemical compounds found in cannabis achieve limited success when working in isolation or as individual components (i.e. products that are THC-free). Research suggests that when these individual components of the cannabis plant support one another, therapeutic benefits are magnified. Together, they produce an effect that is greater than the sum of their parts. This phenomenon is known as the "entourage effect." The entourage effect supports the idea that whole plant medicine is superior to pure extracts.

Section 7606 of the Farm Bill defines industrial hemp as cannabis plants with <0.3% THC. Ananda Professional products contain a full spectrum of cannabinoids, including THC and CBD. To maintain compliance with all laws, all Ananda Professional products are rigorously tested to ensure a level of <0.3% THC.

## WHAT TO DO IF YOU GET A POSITIVE RESULT ON A DRUG SCREEN

If you get a positive result on a urine or saliva drug screen, ask for a more specific confirmation test, such as a blood test or a hair test. These are more expensive tests, but they are much more accurate. If using a THC-free product, these will show a true negative 100% of the time. If you are using a full-spectrum product with small amounts of THC, these tests will either show a 100% true negative or a small level of THC. This quantification of THC will help differentiate between use of a hemp product vs use of a marijuana product.

*AS OF FEBRUARY 2019, A CONFIRMATION TEST HAS SHOWED A 100% TRUE NEGATIVE IN EVERY CASE AT ANANDA WHEN SOMEONE HAS ASKED FOR HELP WITH ANANDA ORIGINAL PRODUCTS. BUT PLEASE KNOW IT IS POSSIBLE THAT THIS WON'T BE THE RESULT FOR EVERYONE. THC IS A CLINGY MOLECULE AND CAN BUILD UP IN YOUR SYSTEM OVER TIME.*

## HOW MUCH DO YOU HAVE TO TAKE FOR CBD OIL TO SHOW UP ON A DRUG TEST?

Again, everyone's metabolism is different and medicines, liver, and kidney function all play roles in a positive or negative result. What kind of drug test is being administered is another factor. And dosage is yet another component in this risk assessment.

## WHAT ABOUT DRUG SCREENS WITH THC FREE-PRODUCTS OR ISOLATE CBD PRODUCTS?

**We can guarantee that Ananda's THC free products are 100% THC-free.** This is reflected in the certificate of analysis, which is completed by an objective, third party-lab and made available on Ananda's website, confirming all traces of THC have been eliminated. These THC-free products from Ananda could be considered "broad spectrum," as they still include other cannabinoids and terpenes to maximize benefits. Ananda Professional does not make CBD isolate products, because science supports the benefit of the entourage effect, but the same goes for isolate CBD and drug tests. Still, there is potential for the CBD in THC-free products to trigger a false positive on an immunoassay urine drug screen, as described above.

***This is possible with any CBD product, even if it is CBD isolate. I have seen companies making guarantees that users will not fail a drug test, and that's concerning because it's not the whole truth. You CAN fail a drug test even when the THC is eliminated, because false positives happen with the most common tests. You just can't get a TRUE positive. But you may need to ask for – and pay for (usually about \$100)– a confirmation test to demonstrate that true positive.***

We know this is frustrating and maybe not what you've heard elsewhere, but we are committed to honesty and transparency at Ananda. No one can guarantee false positives won't occur. We do not want to jeopardize your employment agreement or livelihood, contract with a pain specialist, commitment to sobriety testing, etc.

**Stick to the THC-free line if you absolutely cannot risk failing a drug test.** And even then, know that you may need to ask for a confirmation test if the urine or saliva tests shows a false positive. We recommend letting your employer, medical provider, or whoever is administering a drug screen know this ahead of time – just in case it becomes an issue. That way, you can assess if they are willing to follow these steps for a confirmation test, if needed. On the other hand, they may say absolutely not – failing an immunoassay test is the end of the road. And then it's your choice to decide whether or not using hemp-derived CBD products is worth that risk.

## BOTTOM LINE

Know the risks and be prepared. Communication is key, and we are here to help you! You can print the certificate of analysis for your Ananda product to support your cause at [www.anandahemp.com/coa-lookup-tool](http://www.anandahemp.com/coa-lookup-tool).

## **SO, WHAT DO YOU RECOMMEND?**

Ananda's official position with regards to their **full-spectrum hemp products and drug tests**: Ananda Professional products do contain less than 0.3% THC and an array of other rare **cannabinoids**. Because of this, they CANNOT guarantee a negative drug test. If you are worried about passing a drug test for your employee or other reason, they do not recommend taking their products as there is a chance you will test positive.

## **WHAT IS THE FULL-SPECTRUM DIFFERENCE**

Ananda's full-spectrum products have multiple cannabinoids, not just one or two. Some CBD companies sell products that only contain CBD. They do not believe that CBD by itself is the optimal way to consume cannabinoids.

## **TETRAHYDROCANNABINOL - WHAT YOU NEED TO KNOW ABOUT THC**

The most commonly asked question is: Will I get high from hemp? The answer is "no." Here's why. While there are at least 113 known cannabinoids produced by the hemp plant, cannabis is identified by its two active ingredients: THC and CBD. THC is the only molecule in the cannabis family with a psychoactive component. It's the only one that will get you "high." CBD, even at extremely high doses, will not make you feel "high."

There are hundreds of other cannabinoids, terpenes and phytonutrients present in the cannabis plant that are beneficial to overall health and wellness. Unfortunately, they are improperly associated with the properties of one molecule, THC.

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