

# Glossary of CBD Terms & Definitions

**Bioavailability** – the amount of the substance that actually enters the bloodstream and is used by the body.

**Broad Spectrum** – a cannabis product that contains more than just CBD, such as some minor cannabinoids and terpenes, but usually no THC.

**Cannabidiol (CBD)** – one of the primary cannabinoids found in cannabis. Not associated with the typical psychoactive effects.

**Cannabinoid** – cannabinoid molecules produced by the cannabis plant.

**Cannabis Oil** – an oil derived from Cannabis. Can be used to describe CBD Oil, but is often used to describe High THC oils.

**CBD Oil** – a cannabis product (hemp or marijuana derived) that is high in CBD.

**Certificate of Analysis (COA)** – a certificate/report provided by a testing facility as verification that certain tests were performed, as well as their results. Often contains potency tests, heavy metals tests, solvent tests, and/or terpene tests.

**Dabbing** – a consumption method requiring cannabis concentrates that are heated and inhaled. Separate from vaping or smoking.

**Endocannabinoids** – cannabinoid molecules produced naturally by the body.

**Entourage Effect** – a concept where all of the components (cannabinoids, terpenes, etc) in the plant work together in the body, boosting each other to create a balanced, synergistic effect.

**Full Spectrum** – a cannabis product that contains not only CBD, but also some other cannabinoids (usually THC), and terpenes in their naturally occurring quantities.

**Hemp** – any cannabis plant containing less than 0.3% THC on a dry weight basis

**Hemp Oil** – an oil that is derived from hemp cannabis. Usually as hemp seed oil, which does not naturally contain CBD, but can be referring to CBD oil.

**Isolate** – a cannabis product that contains only CBD.

**Marijuana** – any cannabis plant containing over 0.3% THC on a dry weight basis

**Microdosing** – a dosing method where you take very small doses throughout the day, instead of big ones once or twice a day.

**Oil** – an oil-based product used sublingually or orally.

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Oral – a consumption method that entails you swallowing the product (commonly Capsules, Gummies, Pills).

Rick Simpson Oil (RSO) – a concentrated cannabis oil that is typically high in THC, and commonly used for Cancer.

Sublingual – a consumption method that entails you applying the product under the tongue.

Terpenes – oils found in all plants that give the plant scent, flavor, and additional benefits

Terpsolate – a cannabis product that contains CBD and terpenes.

Tetrahydrocannabinol (THC) – one of the primary cannabinoids found in cannabis. Associated with psychoactive effects.

Third Party Lab Report – see “Certificate of Analysis” (COA) above.

Tincture – traditionally used to describe alcohol based products, but now used to describe even oil-based products. Typically used sublingually or orally.

Topical – a product or method that requires you to apply the product to the skin topically.

Transdermal – a product or method that requires you to apply the product to the skin. Does get into the bloodstream. Contains special permeability enhancers.

Vaping - the action or practice of inhaling and exhaling the vapor produced by an electronic cigarette or similar device.

Water Soluble – a cannabis product that mimics water solubility, often through the use of liposomes or nanoemulsion techniques.