



Annex 1- Extract from the WHO Expert Committee on Drug Dependence: Fortieth report

Cannabidiol (CBD)

Cannabidiol is one of the naturally occurring cannabinoids found in cannabis plants.

There are no case reports of abuse or dependence relating to the use of pure CBD. No public health problems have been associated with CBD use.

CBD has been found to be generally well tolerated with a good safety profile. Adverse effects of CBD use include loss of appetite, diarrhoea, and fatigue.

Therapeutic applications of CBD are being researched for a variety of clinical uses. Research in this area is most advanced in the treatment of epilepsy. In clinical trials, one pure CBD product has demonstrated effectiveness for treating some forms of epilepsy such as Lennox-Gastaut Syndrome and Dravet Syndrome that are often resistant to other forms of medication. Since the Committee met, a pure CBD product has received marketing approval by the US Food and Drug Administration (FDA).

Cannabidiol (CBD) is not specifically listed in the schedules of the 1961, 1971 or 1988 United Nations International Drug Control Conventions. However, if prepared as an extract or tincture of cannabis it is controlled in Schedule I of the 1961 Single Convention on Narcotic Drugs.

There is no evidence that CBD as a substance is liable to similar abuse and similar ill-effects as substances in the 1961 or 1971 Conventions such as cannabis or THC, respectively.

The Committee recommended that preparations considered to be pure CBD should not be scheduled.

Cannabis plant and resin

Cannabis is defined as the flowering tops or separated resin of the *Cannabis sativa* plant. Cannabis contains 121 reported phytocannabinoids, with the most prominent of these compounds being Δ^9 -THC (THC) and cannabidiol (CBD). THC is thought to be the principal intoxicant constituent of cannabis.

When consumed acutely, cannabis causes adverse effects such as dizziness and impaired motor control and cognitive function. Cannabis can cause driving impairment. There are particular reported risks for children such as respiratory depression, tachycardia, and coma. The adverse effects of cannabis consumption are similar to those produced by THC alone.

Most of the adverse effects associated with cannabis result from chronic use. Regular cannabis use is associated with increased risk of mental health disorders such as anxiety, depression, and psychotic illness. Chronic regular cannabis use is particularly problematic for young people as a result of the effects on the developing brain.