



## THE FACTS ABOUT CBD

There is a large amount of confusing and misleading information concerning CBD on the internet. My goal in this article is to simplify the facts so one can to make an educated decision about using CBD for their pet.

### WHAT IS CBD?

CBD is an acronym for a class of compounds present mostly in the flowers of the Hemp plant and to a much lesser extent in the stems and leaves. CBD product offerings can be divided into two types of products, CBD and full spectrum CBD. The letters CBD are also the abbreviation for to the most common cannabinoid, cannabidiol.

### BUYER BEWARE!

Be aware there are a fair number of products marketed as Hemp Oil that are made to look and sound as if they contain CBD Oil. Hemp oil is made from hemp seeds and does not contain CBD. Hemp Oil contains high levels of Omega-3 and Omega-6 and may have some health benefits. The suppliers of Hemp Oil sell their products for as much \$15/oz. One of the marketing gimmicks is to label the product as containing the amount of Hemp Oil in milligrams, such as 3,000 or 12,500 mg Hemp Oil in a 2 oz. bottle. CBD Oil is usually sold the same way in units of milligrams per oz. of oil. The gimmick is to label Hemp Oil in the same fashion as CBD Oil so it will be mistaken as being the same as CBD Oil. You can purchase the same organic virgin Hemp Oil for cooking for about 2% to 10% of the price charged by these companies. Be careful where you purchase CBD Oil. Some studies analyzing CBD Oils from various suppliers has shown that the amount of CBD was 50% to 80% less than listed on the label. In a few cases there was actually more CBD than listed. Currently, the best way to avoid getting inferior product is to purchase CBD Oil from a major supplier who extracts the oil directly from the plants and is located in a state that requires testing of the product. The supplier should make available a Lot analysis of the CBD oil from an independent laboratory. If this information is not conveniently accessible on their website, you may want to look at another supplier. The price of CBD Oil can differ by as much as 100% between sources, and I have found reputable suppliers usually charge less than questionable suppliers.

Another marketing approach I have seen suppliers use has to do with the carrier that the CBD is mixed in. The most common carrier oils are hemp oil and coconut oil. The selling point for coconut oil is that it contains medium-chain triglycerides (MCT). The selling point for hemp oil is that it contains omega-3 and omega-6. Hemp oil has come into fashion as have fish oil and high omega content eggs because they are said to be good for your heart. I personally would choose the hemp oil mixture because it is derived from the same plant and there may be some synergistic components.

### WHAT IS THE DIFFERENCE BETWEEN CBD AND FULL SPECTRUM CBD?

CBD product offerings can be divided into two types of products, CBD and full spectrum CBD. There are about 113 identified cannabinoids, 12 of which make up the majority of the cannabinoid portion of full spectrum CBDs. The full spectrum CBDs also contain terpenes, flavonoids, aldehydes, ketones, vitamins, trace minerals, omega fatty acids, protein, and other trace substances present in the hemp plant.

CBD also refers to the most common cannabinoid, cannabidiol. CBD has been the most studied cannabinoid next to THC, the psychoactive compound present in marijuana. The majority of full spectrum CBDs contains about 88%-90% CBD, with much lesser quantities of 11 other cannabinoids, and unmeasured quantities of the remaining 102 cannabinoids. The majority of studies on the clinical impact of CBD have been done on pure CBD, not the full spectrum CBD. There is some evidence certain cannabinoids have more of an impact on certain problems than CBD but there is no evidence to support full spectrum CBD is a better product because it contains minor amounts of other cannabinoids. It is unlikely that any difference in efficacy would be noticed because of the small amounts of minor CBDs present in a full spectrum CBD product.

## **WHAT IS THC AND HOW IS IT DIFFERENT FROM CBD?**

THC is the psychoactive compound present in marijuana and it can kill or harm a pet. THC is a Schedule I drug, and as such, any hemp based product with the total cannabinoid having more than 0.3% cannot be legally purchased over the counter. Keep in mind that when a supplier says they have 0% THC in their oil, 0.3% rounds out to 0%. Most CBD suppliers who test their product report THC levels of less than 0.1% and typically less than 0.07% of the total cannabinoid present in the formulation.

## **HOW MUCH CBD SHOULD I GIVE MY PET?**

You have to determine that yourself. Some CBD suppliers have published guidelines but they always recommend starting with a low dosage and increasing it slowly until you see an improvement. No two pets are the same and the ideal dosage is not a fixed number but varies from pet to pet and also depends on what condition you are trying to treat. There are published reports from human studies that effectiveness of CBD can decrease if too much is administered. A good starting dosage seems to be 0.023 mg per pound twice a day. Then increase the dosage by the same amount every 5 to 7 days until a noticeable improvement is seen. The total starting dosage for a 100 pound TM would be about 4.6 mg per day. I cannot stress enough that, like many other drugs, the amount of CBD needed and impact CBD may have on a pet's medical problem is very dependent on your pet's biology and the medical condition. Until you try it to treat your pet, there is no way to know how much you will need to administer and if it will make a difference.

Levels can be as high as 5 mg per pound total per day. This high dosage was used in a recent publication to study the effects of CBD on seizures. It was a 12 week study and the dogs in the study were taking their seizure medication along with the CBD. This study saw a decrease in the number of seizures. This was a research investigation and this dosage is very high compared to dosage levels reported to work by owners using CBD for their pets. As a reference point, a 5 mg per pound dosage level for a TM would cost between \$60 and \$120 a day base on prices you find on the internet.

## **WHAT IS THE BEST WAY TO ADMINITOR A DOSAGE?**

Recent work has shown that the fastest way to get CBD into your pets is by placing CBD oil under the pets tongue. CBD oil in pills is absorbed slower than under the tong and application on the outside of the body is slow and inefficient. The efficiency at which CBD is absorbed seems to be about the same when administered under the tongue, capsules, or in food even the though the rate of absorptions are different. Dosages should be given evenly spaced if possible two or three times a day to maximize effectiveness.

CBD is usually dissolved in Hemp oil or Coconut oil. I prefer the Hemp oil because it seems to have health benefits by itself. Coconut oil may have some of its own health benefits but overall my preference is Hemp oil.

## **DRUG INTERACTIONS WITH CBD**

CBD may interact with other medications. About 60% of drugs are metabolized by the cytochrome P450 enzymes in the liver. This is one of the main paths used to flush drugs out of the body. CBD is also metabolized by P450 and in doing so competes with other drugs that are processed out of the body by reacting with P450. This could cause some interesting effects with other drugs interacting with P450 . It could cause some drugs to remain in your pets system longer causing a buildup of the drug if normal dosages are given. Some drugs do not directly react with the body and upon reacting with P450 produce a second compound that actually does the work. In this case the effectiveness of the drug could be decreased and the normal dosage of the drug would not be as effective. I have not seen any publication where a drug interaction with CBD has occurred but you should inform your veterinarian if you plan to use CBD.

## **DOES CBD WORK?**

Like any other medicinal substance, it works but not in every case. With pets, as with people, you will not know how effective it is for your pet until you try it. CBD has extremely low toxicity making it very safe to try. I know people who have had great success with using CBD for their pets and for themselves. Two of our own TMs have been on CBD for 3

years (15mg total per day) and I can say it there is a noticeable difference if they are not using CBD. Be patient when first using CBD. It may take you more than a month to determine how well it is working. Be patient increasing the dosage weekly until you see improvement. It can take time. If you reach a point where the dosage is at a very high level and no improvement is seen it may mean it is not going to work for your pet and it may be time to end the treatment. If CBD works for a while and then the effect decreases, you may be using a higher dosage than needed. I would be a good idea to stop the CBD for a few days or a week. Then start treatment again at half the dosage, increasing it weekly until you maximize the results.

What strength CBD you purchase depends on what dosage your pet will require and how well you can measure out that dosage. CBD solutions are usually sold in milligrams (mg) per fluid ounce. Dosage is usually measured by using a number of drops or a specific volume in a syringe based on the dosage and concentration of CBD in the oil.

## Conclusions

- Only purchase from a supplier that provides an analysis of their product by an independent laboratory.
- Start low and increase the dosage until you see improvement in your pet.
- If it does not work don't be afraid to stop trying to use CBD. Every pet is different.
- Don't be afraid to try CBD. It is less toxic than any medication on the market.

Deborah Mayer

[ATMA Gazette](#)

Copyright©,  
Deborah Mayer



Noble Legacy Tibetan Mastiffs