

CPRC Mission



Canna Patient Resource Connection (CPRC) was formed to:

- Provide education to communities, businesses, and elected officials with intentions to improve the understanding of phytocannabinoid use as part of an overall treatment plan.
- Help break stigmas surrounding the therapeutic use of cannabis.
- To provide both educational and resource support to the cannabis patient population as the plant undergoes the harsh transition from an illegal drug to having accepted therapeutic and recreational uses.

Through collaboration with a variety of community entities, CPRC hopes to provide education that can save lives, help the therapeutic industry keep its patient needs in mind, and improve the lives of cannabis patients.

In Partnership With:



Canna-Patient Resource Connection

Know CBD



CPRC of Colorado

Canna-Patient Resource Connection



Contact:

What is the Skinny on CBD?



Cannabidiol (CBD) has become one of the most popular herbal therapies. It has been used for everything from epilepsy to psoriasis, and being

hailed as a miracle supplement. There is a huge amount of conflicting information surrounding CBD, and it is hard to find accurate and balanced information.

CBD 411

- ◆ CBD is not a cure.
- ◆ Isolated CBD may not be as effective as whole cannabis plant extracts.
- ◆ CBD works on CYP450 which could increase pharmaceutical toxicity. **Double check all prescriptions to make sure you don't have to adjust your dosing.**
- ◆ Hemp CBD is valuable, but missing many synergistic components. Know you may have to supplement terpenes and flavonoids.

Tips on Getting Started

- ◆ Start with a low dose. CBD isn't considered intoxicating, but can be psychoactive. Start with 5mg and move up by 5mg next time to take a dose. **If it makes you feel worse—stop.**
- ◆ If you are trying to avoid the euphoria of THC, keep the **CBD:THC** ratio at **10:1** or higher. Even then, be prepared just in case.
- ◆ Know CBD is not an instant fix. It could take a couple weeks to a couple months before you notice a difference.
- ◆ The effects of CBD vary greatly depending on terpenes, flavonoids, and the presence of other cannabinoids.
- ◆ Keep a journal and be willing to experiment where you can.

Nearly all CBD products have some percentage of THC in them. Even 0.01% can build up over time and cause you or your loved one to **fail a drug test**. This could result in an undesired situation if the patient is in pain management or is a minor. Make sure you check your local municipality for their legalities around CBD before you make any decisions.

Do not get your information from a sales person.

Finding Quality CBD

Finding a quality Cannabidiol product can be overwhelming. Here are some questions you can ask any CBD supplier to make sure you get what you pay for.

- ◆ What part of the plant was processed? (**Quality CBD is processed from flowers.**)
- ◆ Does your company batch test and can they send you the test results for your specific batch? (**No individual batch test results = don't purchase!**)
- ◆ How and where is the plant material grown? (**Make sure you get an organic source as local as possible.**)
- ◆ What extraction method was used? (**Stay away from harsh solvents like butane.**)



This information is not intended as medical advice and none of these statements have been evaluated by the FDA. Take this information back to your medical team and use it to make informed decisions.