

## What is a Cannabidiol (CBD)!?

CBD is 1 of approx. 110 known cannabinoids produced by the cannabis plant. It has a different chemical structure to THC which is the psychoactive compound that illegal users use to get a “high”. CBD does not have this effect!!



### STEP 01

### STEP 02

## What do you know?

CBD is not currently listed on the World Anti-Doping Agency’s Prohibited List  
All other cannabinoids (including but not limited to cannabis, hashish, marijuana, and THC) are prohibited in-competition.

### STEP 03

### STEP 04

## UKAD Information:

<https://www.ukad.org.uk/athlete-advisory-note-cannabidiol-cbd>

### STEP 05

## Judgement v Risk!

At this stage the jury is out as to any gains, but there remains an element of risk with cross contamination



## What Else?

It is difficult to extract only CBD from the cannabis plant meaning that most CBD products will contain a mixture of compounds that are derived from the plant (including THC).

