

OUR EMPOWERMENT LIST

THE MAJOR CANNABINOIDS

This information is helpful when evaluating strains.

THC

THC (Tetrahydrocannabinol)

What it is: THC is the psychoactive compound of the cannabis plant. While the “high” of THC may produce euphoria, relaxation, calm, peace, or even boosts of energy, in some people THC may increase levels of anxiety and paranoia. In addition to the “high”, other side effects of THC may include: hunger, drowsiness, increased heart rate, dizziness, or dry mouth.

Benefits: THC is an anti-inflammatory, anti-microbial, anti-nausea, and analgesic, and has been shown to help with many conditions, including PTSD, insomnia, arthritis, and seizures.

THCA

THCA (Tetrahydrocannabinolic acid)

What it is: THCA is the raw form of THC. The label of your product may list a large percentage of THCA, but know that once the product is smoked, vaped, or otherwise heated, the THCA is converted to THC. While the raw THCA compound is nonpsychoactive, the heated (or “decarboxylated”) THC compound is very psychoactive and produces the “high” associated with cannabis use.

Benefits: THCA has anti-inflammatory, neuroprotective, and anti-nausea properties, and has been shown to help with arthritis, insomnia, and pain.

THCV

THCV (Tetrahydrocannabivarin)

What it is: THCV is a mildly psychoactive cannabinoid with anti-bacterial and antiviral properties.

Benefits: THCV may suppress appetite, regulate blood sugar levels, reduce panic attacks, help with Alzheimer’s, and stimulate bone growth.

CBD

CBD (Cannabidiol)

What it is: CBD is a cannabis compound that has extensive medical benefits, but it is non-psychoactive so it does not make people feel “high.” Side effects of CBD may include drowsiness.

Benefits: CBD has anti-inflammatory, anti-oxidant, antitumoral, anti-anxiety, anti-convulsant, anti-depressant, and anti-nausea properties. CBD may relieve pain, reduce anxiety, help with sleep, and soothe skin conditions.



CBDA (Cannabidiolic acid)

What it is: CBDA is the raw form of CBD. When CBDA is heated (by smoking, vaping, cooking, or other processes), it becomes CBD.

Benefits: CBDA has been shown to relieve inflammation and pain, and may help with arthritis, spasms/seizures, IBS/Chrohns, and skin irritation.



CBDV (Cannabidivarin)

What it is: CBDV is a non-psychoactive cannabinoid with anticonvulsant and anti-nausea properties.

Benefits: CBDV may help with epilepsy and autism.



CBG (Cannabigerol)

What it is: CBG is a non-psychoactive cannabinoid with anti-inflammatory, anti-bacterial, analgesic, and antidepressant properties.

Benefits: CBG may help with inflammation, anxiety, IBS, tumors, autism, and glaucoma.



CBC (Cannabichromene)

What it is: CBC is a non-psychoactive cannabinoid with anti-inflammatory, analgesic, anti-anxiety, and antidepressant properties.

Benefits: CBC may help with pain relief, brain health, and shows promise in fighting cancer.



CBN (Cannabinol)

What it is: CBN is a non-psychoactive cannabinoid with anti-inflammatory, anticonvulsant, antibiotic, analgesic, anti-anxiety, and antidepressant properties.

Benefits: CBN may help with arthritis, glaucoma, and neurodegenerative diseases.

