

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).

