

# 2021 UMDF Symposium Coffee and Conversation

## Medical Cannabis



# Medical Cannabis Basics

## 1) Mito and Cannabis

- a. Cannabis is not a cure for Mito
- b. Cannabis can relieve many symptoms of Mito
- c. More research is needed on cannabis impact on mitochondria function

## 2) What to use?

- a. Many different products with different cannabinoids are available
- b. CBD is easiest to find/buy
- c. Cannabis is very individualized, can make it challenging



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## 3) Legality

- a. Cannabis still a schedule 1 substance federally
- b. Most states have medical cannabis program that makes it legal
- c. But legality per states varies greatly

## 4) Hemp oil/CBD

- a. Semantics can make it confusing
- b. Per 2018 Farm Bill, under 0.3% THC is classify as hemp
- c. Full spectrum/entourage effect is key
- d. Not all CBD products are created equal

