



## Cannabidiol: Benefits + Effects

### *Side Effects:*

Common: none  
Occasional: fatigue, vivid dreams, gastric reflux  
Drug tolerance: none  
Toxicity: none  
Withdrawal: none  
Coagulation effects: none  
Drug interactions: rare  
Formats: capsule, oil,

### *Reported Benefits:*

- Neurological
  - + Neuropathic pain relief
  - + Anxiety, fear, worry
  - + Insomnia
- Physical
  - + Weight management
  - + Blood pressure regulation
  - + Pulse rate
  - + Muscle tension relaxation – face + body
  - + Arthritis, swelling, pain
  - + Movement, balance, coordination
  - + Inflammation
- Cognition
  - + Memory, mental clarity enhanced
  - + Task orientation, focus improved
  - + Speech – frequency, rate, content improved
- Behavior
  - + Wellbeing enhanced
  - + Mood, affection, socialization, compassion improved
  - + Obsession, compulsion, repetitive behavior reduction
  - + Heightened senses – vision, taste, smell
- Gastrointestinal
  - + Stomach + intestinal cramping decreased
  - + Appetite improvement
  - + Nausea reduction
  - + Bowel regulation – improved diarrhea + constipation
- Skin
  - + Rashes + lesions improved
  - + Quality enhanced – texture + smoothness
  - + Wound healing acceleration – viral + bacterial infections
- Other
  - + Urination control + frequency improved
  - + Libido enhanced
  - + Gynecological function improved
  - + Erectile dysfunction improved
  - + Lung function improved in asthma + COPD
  - + Possible lung function improvement in fibrosis + cystic fibrosis

Information provided by ProHealth Advisor