

What is Marijuana?

There are three standard varieties of cannabis plants: Cannabis indica, Cannabis sativa, and Cannabis ruderalis. There is also a range of hybrid plants that are a mix of these three strains. These cannabis plants contain much higher and varying levels of THC than Hemp plants.

Besides containing more THC, these plants also tend to contain less CBD than Hemp plants, and the difference has become steadily more pronounced.

A 2016 analysis found that the average potency of cannabis plants rose from about 4% in 1995 to 12% in 2014. Average CBD levels decreased from 0.28% in 2001 to less than 0.15% in 2014.

Marijuana CBD and HEMP CBD

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Marijuana CBD

- Marijuana derives from *Cannabis indica*, *Cannabis sativa*, and *Cannabis ruderalis* plant.
- Marijuana has a higher THC content and lower CBD content
- Marijuana causes drowsiness or sleepiness, diarrhea, changes in appetite, and irritability
- CBD products made from Marijuana plants with THC levels higher than 0.3% are illegal.

Hemp CBD

- Hemp derives from a specific variety of the *Cannabis sativa* plant.
- It has higher CBD content and lower THC content
- It causes drowsiness or sleepiness, diarrhea, changes in appetite, and irritability
- Under the 2018 Farm Bill, CBD products made from Hemp plants are generally legal across most of the USA.

Marijuana and Hemp plants contain both CBD and THC, along with more than 540 other substances. The main difference between the two plants is the amount of each compound they contain.

Marijuana contains more THC, and less CBD. Hemp contains more CBD, and less THC.

Most importantly, the benefits of CBD do not change whether it is Marijuana-derived CBD or Hemp-derived CBD. Common side effects, such as drowsiness or sleepiness, diarrhea, changes in appetite, and irritability, remain the same. This is because the chemical makeup of CBD does not depend on which plant it comes from.

However, the amount of CBD available for extraction does depend on the source. Hemp plants contain far more CBD, making them the more lucrative option for manufacturers and the option with the least potential legal ramifications.

The main difference between Hemp CBD and Marijuana CBD is their legal status. According to the 2018 Farm Bill, products made from plants that meet the legal standards of hemp are legal across most of the USA, except in three states.

Products made from plants that have higher levels of THC are not legal under this statute. However, it is important to note that all CBD products must have less than 0.3% THC, so even those made from marijuana-derived CBD should contain less than this amount.

The United States Drug Enforcement Administration (DEA) considers any CBD products a Schedule I drug in states where the recreational use of marijuana is not legal.

Frequently Asked Questions

Below are some commonly asked questions about the difference between hemp and marijuana.

Is Hemp considered a drug?

In 2018, the Farm Bill was passed, which effectively legalized CBD if it comes from Hemp.

However, a few states have not removed Hemp from their states, controlled substances acts, so the legality of CBD products differs across states.

Is Hemp better to smoke?

Unlike Marijuana, smoking Hemp will not give a person a “high.” This is because hemp contains much lower levels of THC (the ingredient that produces a psychoactive effect).

Anecdotally, some people suggest that smoking Hemp helps improve their sleep, focus, and stress levels. However, more research is needed to support these claims.

Also, compared to tobacco, some people claim that Hemp is better to smoke as it is less harsh, noxious, and addictive.

Does Hemp have indica or sativa?

Hemp is derived from the *Cannabis sativa* plant. It is not possible to get Hemp from the *Cannabis indica* plant.

Summary

- CBD is attracting considerable public interest because of its promise to treat various physical and mental health issues, even though there is no scientific evidence to prove these health claims.
- Hemp and Marijuana are two different varieties of the *Cannabis sativa* plant, with hemp containing more CBD and minimal THC.
- Most CBD products are made from hemp plants as they contain far more CBD and almost no THC, which is the compound that creates the “high.”
- Individuals considering using CBD for physical or mental challenges should inform their doctors to make sure it does not interact with any medications they may be taking.
- The main difference between Hemp CBD and Marijuana CBD is legal standing.
- *Both will cause positive THC tests on drug testing.*