

CANNABIDIOL (CBD)

There is a growing number of cannabidiol (CBD) products that can be purchased in forms such as oils, extracts, vape and e-liquids available on the market, but what exactly are they and can athletes use them safely within the rules of anti-doping?



WHAT IS CANNABIDIOL (CBD)?

CBD is one of over 100 known cannabinoids produced by the cannabis plant. CBD is not currently listed on the World Anti-Doping Agency's Prohibited List, and so is permitted to use in sport. All other cannabinoids are prohibited in-competition.

Despite the permitted status of CBD, there is still a risk to athletes using CBD products.

Any athletes who would like to use herbal remedies or supplement products should follow Sport Ireland's Supplement Risk Minimisation Guidelines.



WHAT IS THE RISK OF CANNABIDIOL (CBD) PRODUCTS IN SPORT?

It is difficult to extract only CBD from the cannabis plant, so most CBD products will contain a mixture of compounds that are derived from the plant, including Tetrahydrocannabinol (THC). THC is the psychoactive compound that illicit drug users use to get "high" and is prohibited in-competition.

Athletes must still consider the risk of inadvertently ingesting a CBD product that either has a higher THC concentration than expected or contains another cannabinoid that is prohibited in sport.



**CBD products pose a risk to athletes.
Athletes use CBD products at their own risk.**