

Howard L. Bost Memorial Health Forum 2019:

CBD: Testing and Quality Control

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What Is Consumer Reports?

- Consumer Reports is an 83-year-old, nonprofit organization that works to create a fairer, safer, and more transparent world.
- Consumer Reports provides evidenced-based product testing and ratings, rigorous research, investigative journalism, public education, and policy action on behalf of consumers.
- Consumer Reports is independent, supported by consumer membership and donations. We do not accept advertising, sponsorships, gifts, or free samples from manufacturers.



Why Consumer Reports and CBD?

In 2018, Consumer Reports committed substantial resources to cover the growing CBD (cannabidiol) trend given the potential impact on consumer health and concerns with product safety.

During this time, we've reviewed efficacy and safety studies, interviewed experts, industry, and consumers, and conducted several nationally representative surveys.

From our history of testing supplements, we know purity, potency, and contamination levels can vary.



CBD Use by Consumers: 5 Issues

1. Widespread use of CBD
2. Consumers may assume CBD is safe
3. Product labels can misstate THC and CBD levels
4. Limited state regulations
5. Federal regulations confusing



CR Consumer Reports

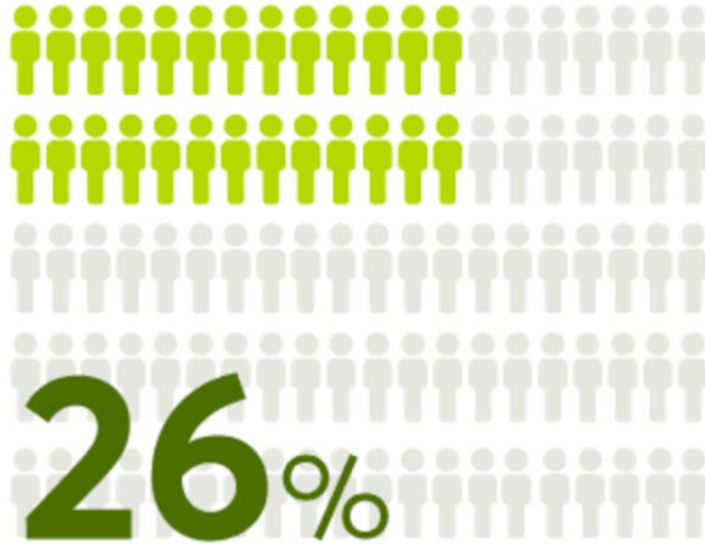
#1. Widespread Consumer Use

In January 2019, Consumer Reports conducted a nationally representative telephone survey of **4,355 adult Americans** to understand their habits, experiences, and assumptions regarding CBD.

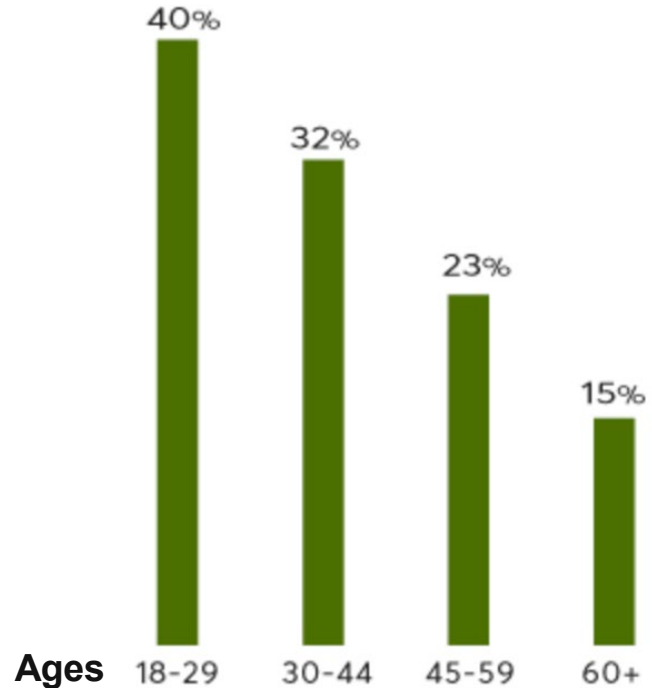
We believe it represents one of the largest efforts to date that documents consumers' use of this product.



Many Adult Consumers Use CBD



of Americans have tried CBD at least once in the past two years.



Source: Jan. 2019 Consumer Reports nationally representative survey of 4,355 U.S. adults.

Why Adult Consumers Use CBD

Reduce stress or anxiety or help you relax

37%

Help with joint pain

24%

For fun or recreation

11%

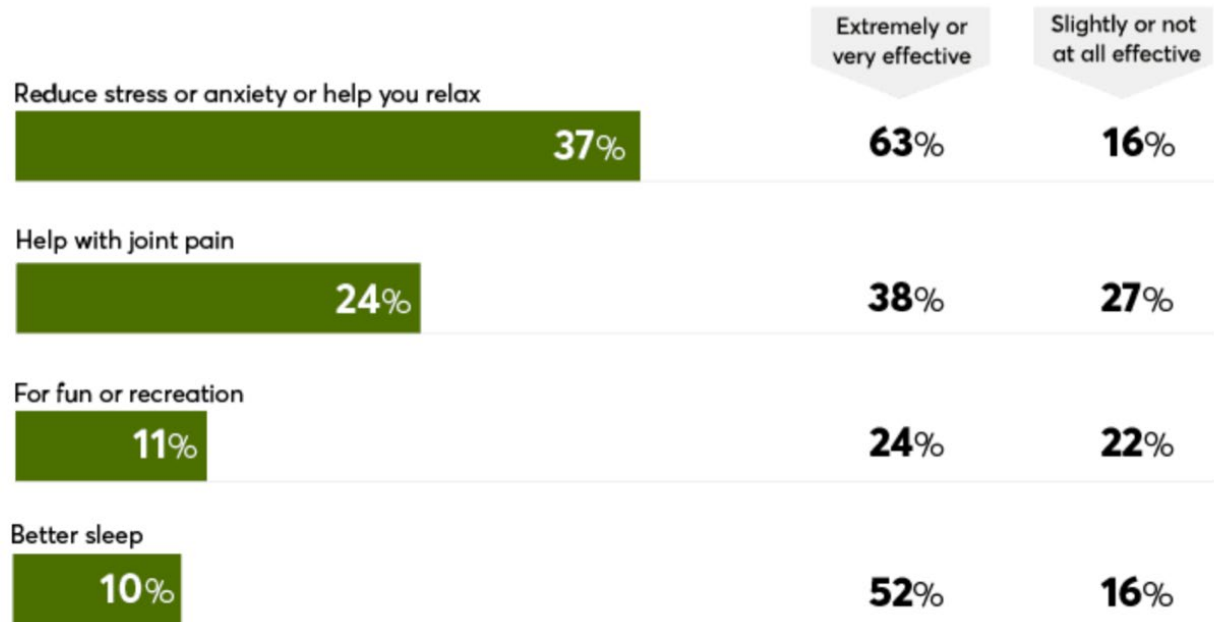
Better sleep

10%

Source: January 2019 Consumer Reports nationally representative survey of 1,018 adults who have tried a product that contains CBD in the last 24 months.

Majority of people found CBD effective to treat the condition for which they were taking it

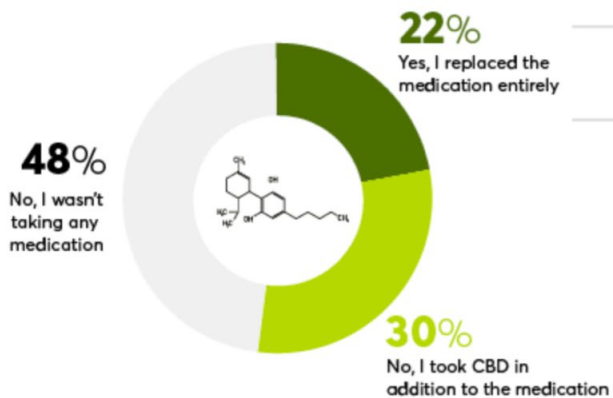
48 percent of people said it was “very” or “extremely” effective.



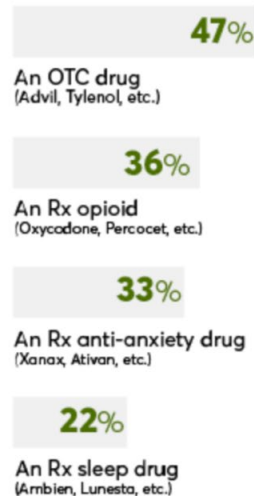
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Majority of people found CBD effective to treat the condition for which they were taking it

Did You Use CBD to Replace an Rx or OTC Drug?



What Drug Did You Replace With CBD?



Source: January 2019 Consumer Reports nationally representative survey of 1,018 adults who have tried a product that contains CBD in the last 24 months.

Few reported side effects of CBD

Did You Experience a Side Effect?



Most common:

- Changes in appetite
- Fatigue

Source: January 2019 Consumer Reports nationally representative survey of 1,018 adults who have tried a product that contains CBD in the last 24 months.

#2: Consumers May Assume CBD is Safe

- 51 percent said they were "Extremely" or "Very" confident CBD ingredients had been **tested and found to be safe**
- 46 percent said they were "Extremely" or "Very" confident there are **regulations in place that require [CBD] to be tested for safety and efficacy by outside labs**



Source: January 2019 Consumer Reports nationally representative survey of 1,018 adults who have tried a product that contains CBD in the last 24 months.

#2: Consumers May Assume CBD is Safe

- 49 percent said they were “Extremely” or “Very” confident CBD ingredients had been **tested to contain the amount of CBD that the label states that it contains**



Source: January 2019 Consumer Reports nationally representative survey of 1,018 adults who have tried a product that contains CBD in the last 24 months.

Consumers May Assume CBD is Safe

Which, if any, of the following concerns did you have before taking CBD for the first time?

	Total
	%
Respondents selected ALL that apply	
It wouldn't be effective	38
It would be too expensive	24
It would have side effects	20
It wasn't legal	19
I would get high	14
It wasn't safe (i.e., it could contain harmful ingredients)	13
It would negatively interact with other medications I take	9
Other - please specify.	2
I didn't have any concerns	27

Source: January 2019 Consumer Reports nationally representative survey of 1,018 adults who have tried a product that contains CBD in the last 24 months.

#3: CBD Product Labels May Misstate CBD, THC Levels

A 2017 study from Johns Hopkins School of Medicine and University of Pennsylvania Perelman School of Medicine found that more than two-thirds of products they tested were mislabeled, containing more CBD than listed on the label, less of it, or none at all.

The tests also found 18 of 84 CBD products had more THC than listed on the label, sometimes much more.



Marcel O. Bonn-Miller

Source: [JAMA](#). 2017 Nov 7; 318(17): 1708–1709. Marcel O. Bonn-Miller *Et al.*

CBD Labels May Misstate CBD, THC Levels

In the last four years, the Food and Drug Administration tested dozens of CBD products purchased online—particularly those making outrageous health claims. (I.e. Alzheimer’s and cancer.)

The agency determined many did not contain the levels of CBD they claimed to contain. The FDA sent warning letters to each company.



CBD Labels May Misstate CBD, THC Levels

- 52 people were sickened in Salt Lake City, Utah in December 2017 after using counterfeit CBD. Tested products contained a synthetic cannabinoid, 4-CCB and no CBD.
- In June 2018, researchers at Virginia Commonwealth discovered another synthetic cannabinoid, 5F-ADB, in several vaping cartridges.

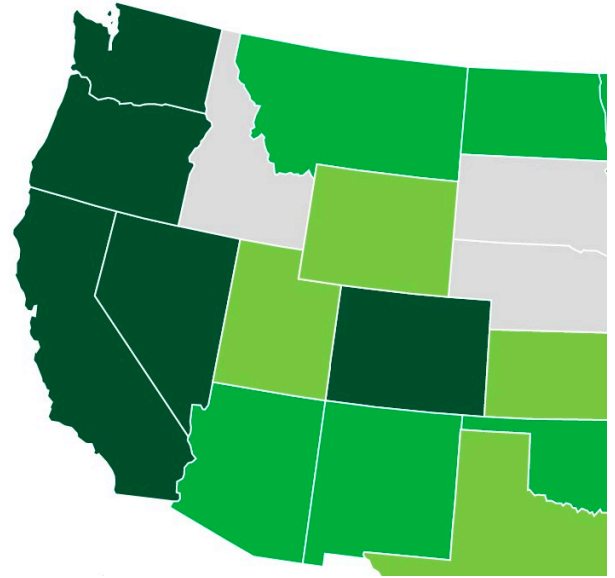


#4: Limited State Regulations

Colorado requires manufacturers that add CBD to food to check the THC in those products and to keep levels below the 0.3 percent cutoff.

Oregon says growers must test the initial CBD extract later used in tinctures, oil, or edibles for CBD and THC levels and for contaminants pesticides chemical solvents sometimes used to extract CBD from hemp.

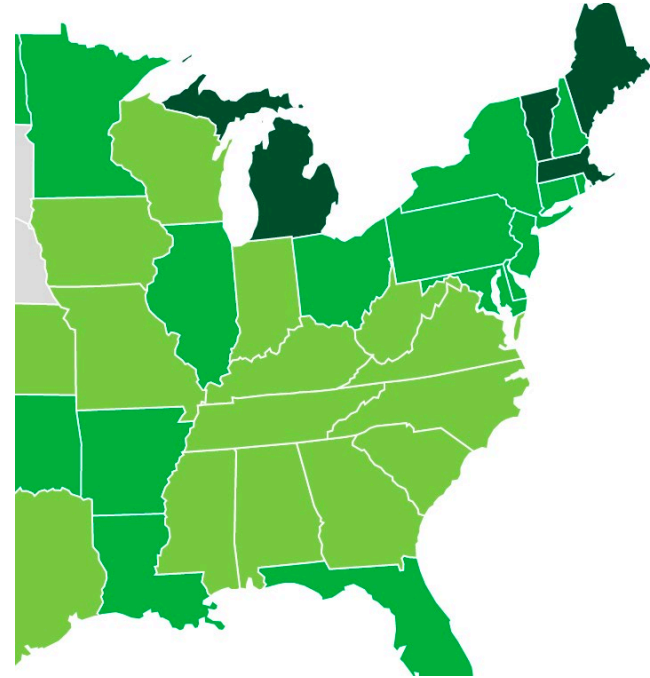
Vermont plans to require tests of all finished products for CBD, THC, and contaminant levels



Limited State Regulations

Indiana and **Utah** require hemp-derived CBD products sold at retail stores include a QR code or in some cases a website.

Snap a picture of the code or follow the link, and you will be taken to information about the product—typically its “certificate of analysis,” or COA



#5: Federal + local regulations confusing

- **FDA says that today, CBD used in a food product and then sold in interstate commerce is unlawful.**
- **FDA says CBD remains an unapproved supplement ingredient.**
- **FDA's position on CBD's use in cosmetics seems less restrictive so long as it's labeled properly and doesn't make health claims.**



Questions? Comments? Please contact:

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Thank you!

