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Cannabidiol Oil *(CBD Oil)*

6 Health Benefits of CBD Oil — and a Look at Side Effects

https://www.healthline.com/nutrition/cbd-oil-benefits

- Pain relief
- Mental health
- Cancer symptom relief
- Neuroprotection
- Heart health
- More
- Considerations of potential side effects
- Bottom line

***Cannabidiol oil,* or *CBD oil*,** is an active ingredient found in cannabis. Unlike tetrahydrocannabinol (THC), it's not psychoactive. CBD oil is made by extracting CBD from the cannabis plant and diluting it with a carrier oil like coconut oil or hemp seed oil. Better known as *CBD*, it is one of more than 100 chemical compounds called cannabinoids that are found in the cannabis plant, *Cannabis sativa* (1Trusted Source). Cannabidiol is a popular natural remedy used for many common ailments.

Tetrahydrocannabinol (THC) is the main psychoactive cannabinoid found in cannabis, which means it causes the sensation of getting high that's often associated with cannabis. However, unlike THC, CBD is not psychoactive.

This quality makes CBD an appealing option for those who are looking for relief from pain and other symptoms *without* the mind-altering effects of cannabis or other side effects related to some pharmaceutical drugs. CBD can be found in a variety of products online and in stores. It continues to gain momentum in the health and wellness world, with some scientific studies finding that it may ease symptoms of conditions such as chronic pain, insomnia, and anxiety. But is it the right choice for you?

This article covers 6 evidence-backed health benefits of CBD, as well as potential side effects and safety concerns related to CBD products.

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