

# What is Cannabidiol (CBD)?

Cannabidiol is one of the most exciting cannabinoids — natural compounds found in cannabis — that we are aware of today. Also known as CBD, cannabidiol is transforming from a little-known molecule, to a potential breakthrough nutritional component and treatment.



Cannabidiol (CBD) is found throughout the seeds, stalk and flowers of cannabis plants — including hemp and marijuana.

Unlike many of the 85+ cannabinoids that we are aware of, cannabidiol occurs naturally in significant quantities in cannabis, so it is relatively easily extracted from the plant.