

## **WIAA POSITION STATEMENT – CBD (Cannabidiol)**

**Position Statement:** The WIAA has banned the use of Cannabidiol (CBD) Products and the products are only allowed and to be used with a prescription from a licensed health care professional.

### **Rationale and Safety:**

Cannabidiol (CBD) is marketed towards athletes for recovery and pain relief among other reasons. It may be sold in many forms, including oils, protein powders, capsules, lotions, creams, gels, extracts, and gummies. The U.S. Food and Drug Administration indicates that CBD products could cause potential harm or side effects. Potential side effects include change in alertness, gastrointestinal distress, and changes in mood. At this time the FDA has approved only one prescription CBD product for two rare, severe forms of epilepsy.

The safety and purity of CBD products is unknown. Research shows that CBD products may contain varying levels of tetrahydrocannabinol (THC), which may not be clearly known or indicated on the packaging. This is concerning for our student- athletes as one cannot be certain that a product does not contain THC. THC is classified as a banned substance by WIAA. Any substance chemically related to a banned or discouraged ingredient is also banned or discouraged

### **References/Resources**

For a Copy of the WIAA Performance Enhancing and Banned Supplements

<https://www.wiaawi.org/Portals/0/PDF/Health/performanceenhancers.pdf>

FDA: <https://www.fda.gov/consumers/consumer-updates/what-you-need-know-and-what-were-working-find-out-about-products-containing-cannabis-or-cannabis>

Lachenmeier DW, Habel S, Fischer B, et al. Are side effects of cannabidiol (CBD) products caused by tetrahydrocannabinol (THC) contamination?. *F1000Res*. 2019;8:1394. Published 2019 Aug 8.  
doi:10.12688/f1000research.19931.2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7029751/>