

Can diet effect cannabidiol absorption?

Researchers at NICM Health Research Institute are currently recruiting participants for a study to understand the effects of fasting conditions and high-fat diets on the absorption of a low-dose formulation of cannabidiol (CBD).

CBD is a non-intoxicating chemical found in cannabis that has established safety and may help with sleep, anxiety, and inflammation. Absorption of CBD does increase with consumption of fatty foods, but the significance of this effect for low-dose products is unknown.

Who can join?

People aged 18 to 45, who:

- Are not pregnant, breastfeeding or planning to become pregnant in the next six-months.
- Are not taking prescription drugs and/or non-prescription NSAIDs (such as ibuprofen) frequently (more than twice a week).
- Have no history of drug or alcohol abuse.
- Have no current cannabis use (<3 months).
- Have no history of severe liver, renal or other diseases.
- Have no history of cognitive or mental illness.
- Are not knowingly allergic to cannabidiol or coconut.
- Are able to read and understand English.



What's involved?

- Initial assessment over the phone or in person.
- Fasting 10-hours before each visit
- 16 blood tests over 12-hours (on the first day) and one blood test on the following day.
- Travel to the study centre at NICM HRI, Western Sydney University, Westmead (NSW).

What are the benefits of participating?

- You will be helping to advance medical research on the effects of diet on CBD absorption, which may contribute towards increasing accessibility to OTC low-dose CBD medicine.

**For more information, please contact
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Human Research Ethics Committee Approval: This clinical trial has been approved by Western Sydney University Human Research Ethics Committee (Approval Number: H15050). The study is supported by NICM HRI, Western Sydney University and ANTG.