

CBD- Is it living up the hype?

Cannabidiol (CBD) is one of over 140 cannabinoids found in the cannabis plant which has been claimed to have beneficial effects on pain management, sleep and recovery. *In 2018*, WADA removed CBD from the prohibited list which has resulted in a large number of athletes now using CBD on a regular basis. Indeed, research from our group on professional rugby players has reported that 26% of players either currently or had previously used CBD. Despite the growth in use of CBD with athletes, there remains many unanswered questions with regards to the efficacy of CBD as a recovery agent and, perhaps of more concern, there are many anti-doping implications that are yet to be resolved. This presentation will look at the theory and application of CBD within an athletic contexts, and explore the emerging research from our group and others with regards to the potential for CBD to help performance and recovery. Finally, the presentation will explore the remaining concerns from an anti-doping perspective and highlight the questions that must be answered before we can begin to support the use of CBD by athletes.