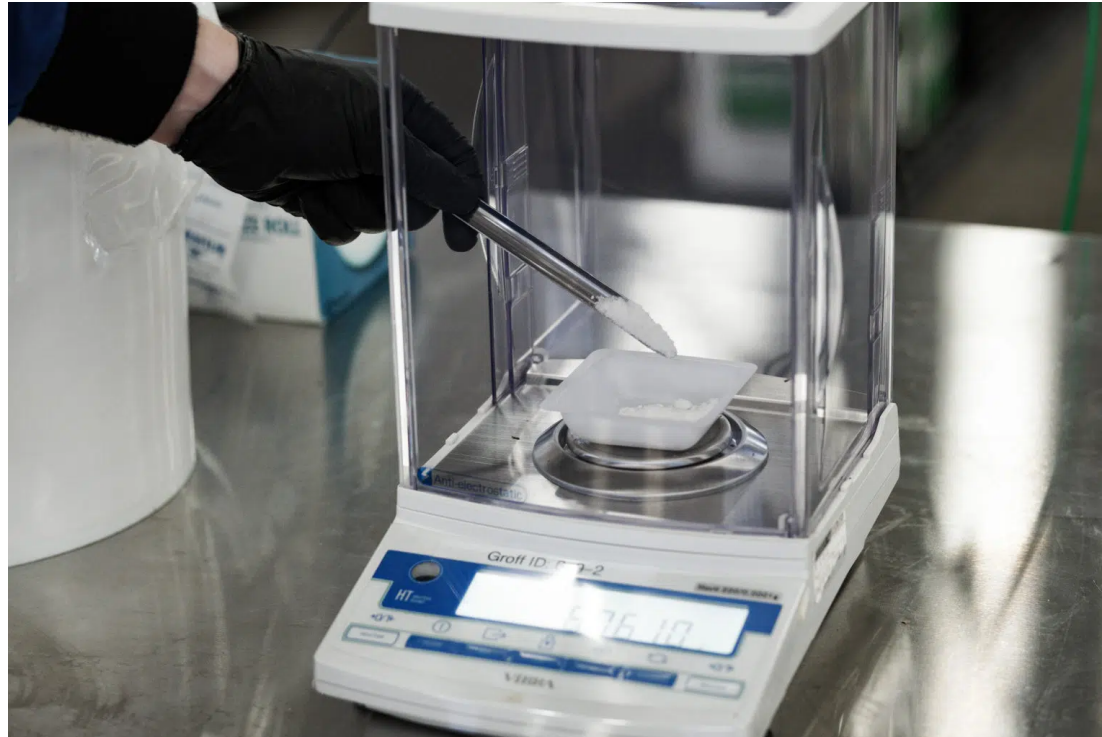




WHAT IS CBN? 5 THINGS YOU NEED TO KNOW

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Though less popular than CBD and THC, CBN has made a name for itself in the cannabis realm due to its potent effects and unique origins. CBN, or *cannabinol*, is a cannabinoid naturally found in cannabis that works intrinsically with our body's endocannabinoid system. Here are 5 things you should know about this lesser-known molecule.

1. CBN WAS THE FIRST CANNABINOID TO BE ISOLATED BY SCIENTISTS

Cannabinol was [i](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1760722/#:~:text=Plant%2Dderived%20cannabinoids%20(phytocannabinoid%20isolated%20from%20red%20oil%20extract)

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1760722/#:~:text=Plant%2Dderived%20cannabinoids%20\(phytocannabinoid%20isolated%20from%20red%20oil%20extract](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1760722/#:~:text=Plant%2Dderived%20cannabinoids%20(phytocannabinoid%20isolated%20from%20red%20oil%20extract)

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of cannabis in the late 19th century. That's decades ahead of other cannabinoids, including CBD and THC. This may be partially due to the fact that CBN develops from THC when fresh cannabis is stored over time, causing this transition to happen in the cannabis sample. Cannabinol was later synthesized in the 1940s in the USA and the UK.

2. THC DEGRADES INTO CBN OVER TIME

As mentioned above, THC turns into CBN. This process is known as oxidation and occurs when oxygen is added to a substance. In this case, if cannabis is stored for a period of time while exposed to air, the oxidation process begins [altering the structure of THC, creating cannabinol](https://www.unodc.org/unodc/en/data-and-analysis/bulletin/bulletin_1997-01-01_1_page008.html)

https://www.unodc.org/unodc/en/data-and-analysis/bulletin/bulletin_1997-01-01_1_page008.html.

This is important to note for anyone storing cannabis or hemp for a considerable period of time.

3. IT HOLDS POTENTIAL AS A POWERFUL SLEEP AID

As far as benefits go, CBN has been studied and holds promise for its sedative effects. [These studies](https://pubmed.ncbi.nlm.nih.gov/1221432/) [<https://pubmed.ncbi.nlm.nih.gov/1221432/>](https://pubmed.ncbi.nlm.nih.gov/1221432/) have been scarce, however, and there are many unknowns about the potential sleep-inducing effects of cannabinol. The sedating effect of aged cannabis could also be attributed to other differences in the makeup of the cultivar.

4. IT COULD PROVIDE MANY OTHER HEALTH BENEFITS

Aside from sleep, CBN offers other potential therapeutic effects including pain relief, inflammation relief, appetite stimulation, and antibiotic properties. Cannabinol has not been shown to induce the same psychoactive "high" as [THC](https://groffna.com/differences-between-thc/) [<https://groffna.com/differences-between-thc/>](https://groffna.com/differences-between-thc/), so utilizing cannabinol when an individual is wary of the intoxicating effects of THC may be a large advantage in therapeutic applications.


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cannabinol with other cannabis components. This phenomenon is referred to as the **entourage effect** < <https://www.frontiersin.org/articles/10.3389/fpls.2018.01969/full?szn-session=www.euro.cz> > and occurs when all parts of the cannabis or hemp plant work synergistically to increase its benefits. The entourage effect is believed to be responsible for the positive results many people experience from **full-spectrum extracts and full-spectrum cannabis or hemp products**. < <https://groffna.com/ingredients/extracts/> >

WHAT'S IN STORE FOR CBN

Currently, a few online retailers are offering cannabinoid blends that include cannabinol along with CBD and other terpenes. As research continues and as the industry develops, be on the lookout for more CBN or CBN-inclusive products hitting shelves and sites near you.

It is easy to see that though there is much we do not yet know about cannabinol, the molecule is quickly emerging as another strong contender in the cannabinoid line-up. These ingredients can upgrade the effects of many products across a wide variety of industries, including **wellness products** < <https://groffna.com/industry/health-and-wellness/> >, **cosmetic products** < <https://groffna.com/industry/cosmetics/> >, **vape products** < <https://groffna.com/terpenes-for-vape-flavoring-in-the-wake-of-the-vape-crisis/> >, and more.

To learn more about how you can use cannabis and hemp-based ingredients in your products, **get in touch with a Groff North America team member** < <https://groffna.com/contact/> > today.

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