budtenders association

MINOR CANNABINOIDS

CHEAT SHEET

Cannabis contains more than 100 identified cannabinoids, each interacting with the body's endocannabinoid system (ECS) in different ways. Some bind directly to receptors like CB1 and CB2, some work indirectly, and others appear to influence how cannabinoids behave together. While THC and CBD dominate most conversations, many other cannabinoids exist naturally in smaller amounts. These "minor cannabinoids" are increasingly being isolated, concentrated, and intentionally added to products to create more targeted experiences and effects.

The Endocannabinoid System (ECS)

A whole body network of receptors, enzymes, and naturally occurring compounds that helps regulate and maintain balance in functions like mood, sleep, appetite, pain, and inflammation. The primary receptors are CB1 and CB2.

CB1 Receptors: Brain & Central Nervous System

Primarily found in the brain and central nervous system. They are responsible for most of THC's psychoactive effects. These receptors influence mood, memory, coordination, pain perception, and appetite.

CB2 Receptors: Immune System & Other Tissues

Found primarily in immune cells, the gut, and peripheral tissues. They are associated with immune function, inflammation, and pain signalling, with less direct involvement in the psychoactive effects of cannabis.

THC

Tetrahydrocannabinol | *Psychoactive*
THC binds directly to CB1 receptors in the brain. Produces the "high." Affects mood, perception, coordination, time awareness. Associated with relaxation, pain relief, appetite stimulation, and sleep support. Effects are dose-dependent and highly individual.

CBD

Cannabidiol | *Non-intoxicating*
CBD does not produce a "high". It works indirectly with the ECS but doesn't bind strongly to CB1 or CB2. Associated with calming effects, balance, and functional support. Sometimes used to moderate the intensity of THC.

CBG

Cannabigerol | *Non-intoxicating*
CBG is often called the "mother cannabinoid" because other cannabinoids are synthesized from CBGA during plant growth. Little CBG remains at harvest, so higher-CBG products rely on selectively bred or early-harvested plants. Associated with energy and clarity, often found in daytime products.

CBN

Cannabinol | *Mildly Psychoactive*
CBN forms naturally as THC ages and oxidizes over time. Effects are generally subtle at common doses and it is most often associated with relaxation and sleep-focused products. Frequently paired with THC in nighttime products.

CBC

Cannabichromene | *Non-intoxicating*
CBC is one of the more abundant minor cannabinoids in cannabis but does not strongly bind to CB1 or CB2 receptors. Often recognized for its role in the entourage effect, helping support and enhance broader cannabinoid profiles.

THCV

Tetrahydrocannabivarin | *Dose-dependent Psychoactive*
THCV has a structure similar to THC but behaves differently depending on dose. Lower amounts may reduce some THC effects and are associated with energy and focus, while higher doses may produce mild intoxication. Commonly found in daytime products.