



What is CBN?

CBN stands for cannabinol. The chemical formula is $C_{21}H_{26}O_2$.

CBN is a cannabinoid. This means that CBN influences the endocannabinoid system (ECS). The ECS in turn influences other systems such as the brain, the nervous system and the immune system.

However, there is more. The presence of CBN influences the effect of other cannabinoids present, such as CBD. We call this the entourage effect. In this case, CBN oil enhances the effect of CBD oil.

The entourage effect does not mean that one cannabinoid suddenly acquires a radically different effect due to the presence of another cannabinoid. It is rather a question of degree:

The presence of substance A ensures that substance B has a greater or lesser effect on the body.

Effect of CBN oil?

Well-known cannabinoids such as CBD and THC have already been studied. Many effects of these substances are therefore well known.

CBN, however, is a lesser known cannabinoid. Scientific interest in this substance has not yet begun.

What we do know is that CBN is a mildly psychoactive substance. This effect is much less than with THC. We can therefore reassure you: CBN oil absolutely does not get you high.

The slightly psychoactive property of CBN suggests that this substance has some effect on the brain. Does this mean that CBN oil, for example, can contribute to a restful sleep?

Perhaps yes, but we are not a medical website. Therefore, we cannot make any such claims here. You can find a lot of information on the effects of CBN via Google.

How is CBN oil produced?

The production process for CBN oil is basically the same as for other forms of cannabis oil. The big difference is which cannabis is used. We will explain this here.

Industrial hemp is usually used for CBD oil, as it contains a relatively large amount of CBD. Coffee shop cannabis is used for THC oil. However, both forms of cannabis contain little CBN.

For this reason, specially cultivated cannabis is used for CBN oil.

Specially grown CBN cannabis

The need for specially grown cannabis has to do with the chemical processes that take place in cannabis during cultivation.

There is a lot of CBGA in a young cannabis plant. As the plant grows, CBGA is converted into various other substances:

- CBG
- CBDA
- THCA
- CBCA



The A at the end of each abbreviation stands for acid. These acids in the cannabis plant are converted into other substances:

- CBDA becomes CBD
- THCA becomes THC
- CBCA becomes CBC

However, under the right conditions, these acids can also be converted into CBN. In this way, cannabis with a relatively high amount of CBN can be produced. This cannabis is then used to produce CBN oil.