

# JULY MONTHLY NEWSLETTER

2026

This month, we're focusing on minor cannabinoids: the lesser-known compounds found in the cannabis plant that are gaining attention for their unique therapeutic properties.

In this edition, we'll highlight CBG, CBC, CBN, and THCV, and explore how these emerging cannabinoids may contribute to personalized treatment approaches.



## Meet the Minor Cannabinoids



While THC and CBD are the most well-known cannabinoids, the cannabis plant produces over 100 naturally occurring compounds.

### CBG Cannabigerol

- Often called “Mother cannabinoid” (precursor to THC & CBD)
- Found in low amounts in mature plants
- Weakly interacts with CB1 & CB2 receptors
- Studied for mood, inflammation, gut health
- Non-intoxicating

### CBC Cannabichromene

- One of the “major minor” cannabinoids
- Non-intoxicating (has little activity at CB1 receptors).
- Involved in pain & inflammation pathways
- Works with other cannabinoids (entourage effect)

### CBN Cannabinol

- Formed when THC breaks down over time
- Mildly psychoactive, much weaker than THC
- Found in aged or poorly stored cannabis
- Studied for sedative-like effects

### THCV Tetrahydrocannabivarin

- Structurally similar to THC
- Low doses may block CB1 activity
- Higher doses may produce mild THC-like effects.
- Studied for appetite & metabolic effects

### Research Spotlight: CBG and Anxiety



Clinical Trial Explores CBG's Potential:

A double-blind, placebo-controlled trial found that healthy adults receiving CBG reported lower anxiety levels than those receiving placebo, without significant intoxication or cognitive impairment.

\*Larger studies are needed to further evaluate CBG's therapeutic potential and long-term safety.

#### Learn More

[Cannabigerol \(CBG\): A Double-Blind, Placebo-Controlled Clinical Trial](#)

### DID YOU KNOW?

- Over 100 cannabinoids have been identified in the cannabis plant.
- Cannabinoids may work better together through what's known as the entourage effect.
- Cannabinoids interact with the body's endocannabinoid system, which helps regulate sleep, mood, appetite, and pain.

## MYTH VS FACT

- ✗ Myth: Minor cannabinoids are new discoveries.
- ✓ Fact: Many minor cannabinoids have been known for years, but research into their potential uses is growing.
- ✗ Myth: More cannabinoids always mean stronger effects.
- ✓ Fact: Different cannabinoids may have different effects, and the best option depends on individual needs and goals.
- ✗ Myth: Minor cannabinoids replace THC or CBD.
- ✓ Fact: Minor cannabinoids may complement THC and CBD as part of an individualized treatment approach.

\*Research on minor cannabinoids is ongoing, and individual experiences may vary.

### Curious About Minor Cannabinoids?

Speak with your healthcare provider to learn whether a different cannabinoid profile may be appropriate for your treatment goals.

[Find out if medical cannabis is a safe option](#)  
[Complete the TCN Intake HERE.](#)



### Canada Day

TCN will be closed Wednesday July 1<sup>st</sup> for the Canada Day holiday.

### Reference(s):

<https://www.sciencedirect.com/science/article/pii/S0924977X24007508>

<https://pubmed.ncbi.nlm.nih.gov/34916950/>

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