

# Getting by Without the High: Examining the Therapeutic Potential of Cannabigerol

**Dr. Carrie Cuttler, PhD, Washington State University**

The number of non-intoxicating cannabigerol (CBG) products on the market has expanded rapidly, often accompanied by a range of unsupported health claims. Although preclinical research suggests a range of therapeutic properties, clinical research is just beginning to emerge.

Dr. Cutler's work on CBG through [observational studies](#) (Russo et al., 2022) demonstrated a high perception of efficacy of CBG for anxiety, chronic pain, inflammation, depression, and insomnia. CBG was generally well tolerated, with mild side effects of dry mouth, drowsiness, increased appetite, and dry eyes. Withdrawal symptoms were uncommon after discontinuation of CBG.

Pulling from their learnings from the observational studies, two double-blind, placebo-controlled, crossover [clinical trials](#) (Cuttler et al., 2024) were conducted, with one trial currently ongoing. The data from these studies seem to support the idea that CBG has a significant effect on the reduction of anxiety. CBG may also have a variable effect on stress reduction. Interestingly, in a verbal memory test, participants recalled more words after taking CBG vs. placebo. Side effects experienced from CBG were mild, like those found in their observational studies. The study also seems to suggest that CBG had low abuse potential and that there was no evidence of motor or cognitive impairment or intoxication.

Overall, although Dr. Cutler's research supports CBG as a safe and well-tolerated cannabinoid with promising therapeutic effects, larger and more comprehensive studies are required to fully understand its effects.

Perceived Effects on Stress, Anxiety, Mood



	Stress	Anxiety	Mood
Greatly worsens	0%	0%	0%
Slightly worsens	1%	0.5%	1%
No effect	15%	21%	33%
Slightly improves	<b>55%</b>	<b>48%</b>	<b>57%</b>
Greatly improves	29%	30%	8%

Slides from Avicanna's 5th Medical Symposium on June 6th 2025

**References:**

Cuttler, C., Stueber, A., Cooper, Z. D., & Russo, E. (2024). Acute effects of cannabigerol on anxiety, stress, and mood: a double-blind, placebo-controlled, crossover, field trial. *Scientific Reports*, 14(1), 16163.  
 Russo, E. B., Cuttler, C., Cooper, Z. D., Stueber, A., Whiteley, V. L., & Sexton, M. (2022). Survey of patients employing cannabigerol-predominant cannabis preparations: perceived medical effects, adverse events, and withdrawal symptoms. *Cannabis and Cannabinoid Research*, 7(5), 706-716.