



Health

High CBD Strains: Where To Find Cannabis With Strong Levels Of Cannabidiol

We round up the best CBD-rich cannabis flower options out there.

By **Lauren Wilson** • Jun 12, 2018



Gone are the days of THC being the only name in the cannabinoid game. While almost non-existent a decade ago, today there are many high-CBD cannabis strains available to serve the spike in interest by veteran and new cannabis consumers alike.

Cannabidiol, or CBD, has been gaining more and more attention as THC’s non-impairing counterpart. It’s becoming a staple for many medical patients as it combats **anxiety**, pain, **inflammation**, and much more. All without the high associated with THC.

While CBD oil extracts are increasingly common, flower remains the most popular way of consuming cannabis. But what are the **cannabis strains** highest in CBD? Whether containing only trace amounts of THC or a more balanced CBD:THC ratio, there are plenty of high-CBD options.

Avidekel (15:1 CBD:THC)

Winner of several **Canadian Cannabis Awards**, **Avidekel** is a strain brought to us by the renowned Israeli medical cannabis cultivator Tikun Olam in partnership with **MedReleaf**. Offering a high level of CBD with very little THC, Avidekel is commonly used for anxiety, stress, and pain relief, along with depression and headaches.

Argyle (1:1 CBD:THC)

Argyle is a high-CBD strain from **Tweed**, offering an equal balance of CBD and THC. It has been **described by the Lift community** as providing a relatively mild experience, and is a good option for new cannabis consumers. Offering relaxing and mood enhancing effects, Argyle is often used to relieve stress, anxiety, and depression.

Cannatonic Blackberry (~1:1 CBD:THC)

Following on the heels of past Cannatonic offerings (like **Tilray’s Cannatonic** or **CannTrust’s Cannatonic**), **WeedMD** now offers **Cannatonic Blackberry**: a well-balanced and well-reviewed strain that most report is fairly effective for stress and anxiety. With uplifting and mood enhancing benefits, many **Lift consumers** report it being great for daytime use.

Temple Cannatonic (24:1 CBD:THC)

Temple Cannatonic is a high-CBD strain from **Aurora** that touts a hefty 24 per cent CBD content. This **well-reviewed strain** provides full-body relaxation that is enjoyed by consumers for pain and anxiety relief while still allowing the mind to stay clear and focused. It was also winner of the 2016 silver **Canadian Cannabis Award** for Top High CBD Flower.

Tower Cannatonic (15:1 CBD:THC)

Tower Cannatonic is another high-CBD strain offering from **Aurora**. Offering a solid 15 per cent CBD content, Tower is known for its anti-anxiety and calming benefits. **Lift consumers** have found it to be useful for neuropathic (nerve) pain, social anxiety, and general daytime use while reporting product quality to be consistent and enjoyable over years of use.

Bediol (~1:1 CBD:THC)

Coming from European pharmacies to the Canadian market, **Bediol** is a nearly balanced (8-9 per cent CBD, 7 per cent THC) product that was originally developed to treat pain and reduce inflammation in patients. Available through **Bedrocan Canada** (Canadian partner of the Dutch parent company), Bediol has been **rated quite highly by Lift reviewers** for being an excellent daytime strain. It has been reported to be great for anxiety and general mood enhancement, while allowing the consumer to stay clear-minded and focused.

Bedrolite (9:1 CBD:THC)

Another Bedrocan high-CBD strain is **Bedrolite**, offering an even higher CBD content of 9 per cent. While **Lift users** do report Bedrolite is a good daytime strain that can be helpful for pain, many report an unpleasant taste as well.

Cannimed 1-13 (13:1 CBD:THC)

Cannimed 1-13 is a high-CBD strain by **Cannimed** that some consumers have reported helped with chronic pain and inflammation.

Cannimed 9-9 (1:1 CBD:THC)

With a balanced 9 per cent CBD and THC, Cannimed’s **Cannimed 9-9** offering is used for **pain relief**, rest and relaxation, though several users have reported quality issues with the pre-milled product.

Highlands (~1:1 CBD:THC)

From the folks at **OrganiGram**, this balanced CBD:THC strain has been heavily **reviewed by Lift consumers**. **Highlands** is used for a variety of reasons, with pain management being a commonly cited one. Because it is both mentally stimulating and body relaxing, consumers endorse it for being useful at anytime of day.

Baleen (~2:1 CBD:THC)

Named after the gentle but powerful whale, this whimsical offering from Atlantic Canada’s **OrganiGram** provides a step up from 1:1 products with their 2:1 product **Baleen**. **Lift reviewers** report relief from nerve and muscle pain, anxiety, and symptoms of Inflammatory Bowel Disease.

Nina (~1:1 CBD:THC)

Nina is a nearly balanced bud from **Peace Naturals**. Winner of a 2014 Canadian Cannabis Award, Nina was named after a former employee who was known as “the plant whisperer.” The **strain has been rated highly** for relief of pain, anxiety, stress, depression, muscle spasms, and fatigue. Peace Naturals also offers more comprehensive information on their products than most, including dominant terpenes and suggested uses.

Dancehall (~1:1 CBD:THC)

Winner of the silver Canadian Cannabis Award for Top High CBD Flower, **Dancehall** is a popular CBD strain known for its uplifting and mood enhancing effects-though producer **Peace Naturals** is quick to point out while it might make you feel like dancing it won’t improve your moves. **Lift reviewers point out CBD’s** most common benefits for Dancehall is pain and anxiety relief. Several also noted that Dancehall provides an all-around mellow and light experience, allowing them to go about their day.

CBD Skunk Haze (~1:1 CBD:THC)

CBD Skunk Haze from **Cannafarms** is a 2015 Canadian Cannabis Award winner, and **well-reviewed by Lift users**. A pleasant total body relaxation coupled with a clear head is why most consumers enjoy the pain and anxiety relief of CBD Skunk Haze.