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CBD and Cannabis: Legal Status in Europe

An overview of EU rules and selected countries, as of October 2026

The rules for CBD and cannabis differ from one European country to another and often change. This overview summarises the main points in a simplified form. It does not replace legal advice. Before buying, travelling or doing business, always check the current wording of the regulations in the country concerned.

The common EU framework

- **Industrial hemp** is grown from varieties listed in the EU Common Catalogue. For agricultural subsidies the limit is 0.3 % THC in the plant; individual countries may have their own limits.
- **Food containing CBD** falls under the novel food rules. As of October 2026, CBD had not been authorised as a novel food in the EU. The European Food Safety Authority (EFSA) put its assessment on hold in 2022 due to missing data.
- **Cosmetics containing CBD** are permitted in the EU if the CBD comes from permitted parts of the plant or is synthetic, and the product complies with the Cosmetics Regulation (EC) No 1223/2009.
- **THC in food made from hemp seeds** is limited by Regulation (EU) 2023/915: a maximum of 3.0 mg/kg for seeds and 7.5 mg/kg for hemp seed oil (as Δ9-THC equivalent).
- **Taking products across borders** is governed by the law of the country you travel to. What is legal at home may not be legal elsewhere.

Selected countries (simplified)

Country	CBD products	THC cannabis for personal use
Czech Republic	Since 2022, cannabis with a THC content of up to 1 % is not a narcotic substance. CBD cosmetics and collector's products are widely sold.	Since 1 January 2026, adults aged 21+ may grow up to 3 plants and possess up to 100 g at home and up to 25 g outside the home (Act No. 270/2025 Coll.). The sale of cannabis with a higher THC content remains prohibited.
Slovakia	CBD products made from industrial hemp are on sale.	Cannabis with THC is a narcotic substance. Cultivation and possession are criminal offences.
Germany	CBD products from industrial hemp with up to 0.3 % THC are on sale; novel food rules apply to food.	Since 1 April 2024 (KCanG Act), adults aged 18+ may grow up to 3 plants at home and possess 25 g in public and 50 g at home. Supply only through non-profit cannabis growing associations.
Poland	CBD products from industrial hemp are on sale; food is subject to the novel food rules.	Cannabis with more than 0.3 % THC is a narcotic substance. Cultivation and possession are criminal offences.
Hungary	CBD products from industrial hemp are available, but the authorities take a strict approach.	Very strict rules; possession of any amount of THC cannabis is a criminal offence.

Country	CBD products	THC cannabis for personal use
Netherlands	CBD products from industrial hemp are on sale.	Sale of small amounts in licensed coffeeshops is tolerated. Cultivation is formally illegal.
Italy	A security decree of April 2025 prohibits the sale of industrial hemp flowers and products made from them. It is being challenged in court; the situation is evolving.	Cultivation and sale of THC cannabis are illegal.
France	Products from cannabis with up to 0.3 % THC are permitted, including flowers (the ban was annulled by the Council of State in 2022).	THC cannabis is illegal; possession may lead to a fine.
Spain	CBD is permitted in cosmetics but not in food (novel food).	Private use is not a criminal offence; in public an administrative fine may be imposed.
Other countries	The EU framework and national regulations apply.	Check with the local authorities.

Practical principles

- Buy products with a certificate of analysis for the specific batch. Only then do you know how much THC the product actually contains.
- Better not to take CBD and cannabis products on trips, especially outside the EU. Some countries impose very severe penalties.
- Driving: many countries have zero or very low tolerance for THC in the blood. Even a CBD product with traces of THC can cause a positive test.
- Workplace or sports testing can detect even trace amounts of THC.
- CBD products are not intended for people under 18.

> This overview reflects the situation as of October 2026 based on publicly available information. Legislation changes, so we update this material regularly. The current version is always available on our website.

An informative overview, not legal advice. Everyone is responsible for complying with the regulations of the country where they buy or use the products.
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