WHAT IS CLAIMED IS:

1. A lipid-based particle composition, comprising:

a nanoparticle comprising:

a therapeutic agent;

a phospholipid at a weight percent in the composition ranging from 2.5% to 20%;

a sterol at a weight percent in the composition ranging from 0.25% to 10%; and

a lipid component other than a phospholipid at a weight percent in the composition ranging from 2.5% to 20%; and

water;

wherein the nanoparticles have an average size ranging from about 75 nm to about 500 nm; and

wherein, upon storage for a period of one month, the average size of the nanoparticles changes by less than about 20%.

2. The lipid-based particle composition of claim 1, wherein the composition comprises liposomes and/or an oil-in-water nano-emulsion.

3. The lipid-based particle composition of any one of claims 1 to 2, wherein an appreciable amount of the nanoparticle composition does not settle and/or separate from the water upon standing for a period of at least about one month at room temperature.

4. The lipid-based particle composition of any one of claims 1 to 3, wherein the composition is configured such that when concentrated to dryness to afford a powder formulation of nanoparticles, the nanoparticle powder can be reconstituted to provide the nanoparticle composition.

5. The lipid-based particle composition of any one of claims 1 to 4, wherein, upon storage for a period of one month, the average size of the nanoparticles changes by less than about 20%.

6. The lipid-based particle composition of any one of claims 1 to 5, wherein the polydispersity of the nanoparticles in the composition is less than or equal to 0.20.

7. The lipid-based particle composition of any one of claims 1 to 6, wherein upon 90 days of storage at 25°C and 60% relative humidity, the polydispersity of the nanoparticles changes by less than or equal to 100%.

8. The lipid-based particle composition of any one of claims 1 to 7, wherein upon 90 days of storage at 25°C and 60% relative humidity, the polydispersity of the nanoparticles changes by less than or equal to 0.1.

9. The lipid-based particle composition of any one of claims 1 to 8, wherein composition has a shelf life of greater than 18 months at 25°C and 60% relative humidity.

10. The lipid-based particle composition of any one of claims 1 to 9, wherein the sterol is present at a weight percent in the composition ranging from 0.5% to 5%.

11. The lipid-based particle composition of any one of claims 1 to 10, wherein the water is present at a weight percent in the composition ranging from 60% to 90%.

12. A lipid-based particle composition, comprising:

a particle comprising:

a therapeutic agent;

a phospholipid at a weight percent in the composition ranging from 5% to 60%;

a sterol at a weight percent in the composition ranging from 1% to 25%; and

a lipid component other than a phospholipid at a weight percent in the composition ranging from 5% to 50%;

wherein the nanoparticles have an average size ranging from about 75 nm to about 500 nm; and

wherein, upon storage for a period of one month, the average size of the nanoparticles changes by less than about 20%.

13. The lipid-based particle composition of claim 12, wherein the lipid-based particle composition is a dry powder.

14. The lipid-based particle of claim 13, wherein the powder is configured to be reconstituted in water to provide an aqueous solution; and

wherein, upon reconstitution, nanoparticles within the aqueous solution have an average size ranging from about 75 nm to about 500 nm.

15. The lipid-based particle composition of any one of claims 1 to 14, wherein the therapeutic agent is hydrophobic.

16. The lipid-based particle composition of any one of claims 1 to 14, wherein the therapeutic agent is hydrophilic.

17. The lipid-based particle composition of any one of claims 1 to 16, wherein the therapeutic agent is present in the composition at concentration of equal to or greater than 2%.

18. The lipid-based particle composition of any one of claims 1 to 17, wherein the therapeutic agent is present in the composition at concentration of equal to or greater than 10%.

19. The lipid-based particle composition of any one of claims 1 to 18, wherein the therapeutic agent comprises a plant extract, a nutraceutical, a pharmaceutical, or combinations thereof.

20. The lipid-based particle composition of any one of claims 1 to 18, wherein the therapeutic agent is selected from the group consisting of Noopept, melatonin, a terpene, and a cannabinoid.

21. The lipid-based particle composition of claim 20, wherein the therapeutic agent is a cannabinoid.

22. The lipid-based particle composition of claim 21, wherein the cannabinoid is a phytocannabinoid.

23. The lipid-based particle composition of claim 21 or 22, wherein the therapeutic agent is selected from the group consisting of THC (tetrahydrocannabinol), THCA (tetrahydrocannabinolic acid), CBD (cannabidiol), CBDA (cannabidiolic acid), CBN (cannabinol), CBG (cannabigerol), CBC (cannabichromene), CBL (cannabicyclol), CBV (cannabivarin), THCV (tetrahydrocannabivarin), CBDV (cannabidivarin), CBCV (cannabichromevarin), CBGV (cannabigerovarin), CBGM (cannabigerol monomethyl ether), CBE (cannabielsoin), and CBT (cannabicitran).

24. The lipid-based particle composition of any one of claims 21 to 23, wherein the cannabinoid is cannabidiol (CBD).

25. The lipid-based particle composition of claim 24, wherein the composition has a Tmax for CBD of less than 4.5 hours.

26. The lipid-based particle composition of claim 21, wherein the therapeutic agent is a terpene.

27. The lipid-based particle composition of claim 26, wherein the therapeutic agent is selected from the group consisting alpha fenchone, alpha terpinene, alpha terpineol, beta caryophyllene, alpha pinene, beta pinene, bisabolene, bisabolol, borneol, eucalyptol, gamma terpinene, guaiacol, humulene, linalool, myrcene, para cymene, phytol, and terpinolene.

28. The lipid-based particle composition of any one of claims 22 to 25, wherein the lipid-based particle composition further comprises an additional therapeutic agent.

29. The lipid-based particle composition of claim 28, wherein the additional therapeutic agent is selected from the group consisting of Noopept, melatonin, and a terpene.

30. The lipid-based particle composition of any one of claims 1 to 29, wherein the phospholipid is phosphatidylcholine.

31. The lipid-based particle composition of any one of claims 1 to 28, wherein the lipid component other than a phospholipid is a triglyceride.

32. The lipid-based particle composition of claim 31, wherein the triglyceride is a medium chain triglyceride or a long chain triglyceride.

33. The lipid-based particle composition of any one of claims 1 to 32, further comprising a preservative.

34. The lipid-based particle composition of claim 33, wherein the preservative comprises one or more of malic acid, citric acid, potassium sorbate, sodium benzoate, and Vitamin E.

35. The lipid-based particle composition of any one of claims 1 to 34, wherein the sterol is cholesterol.

36. The lipid-based particle composition of any one of claims 1 to 35, further comprising a flavoring agent.

37. Use of the lipid-based particle composition of any one of claims 1 to 36 in the manufacture of a medicament for treating a condition in a patient.

38. The use of claim 37, wherein the condition is one or more of pain, anxiety, stress, seizures, malaise, inflammation, mood disorders, and insomnia.