



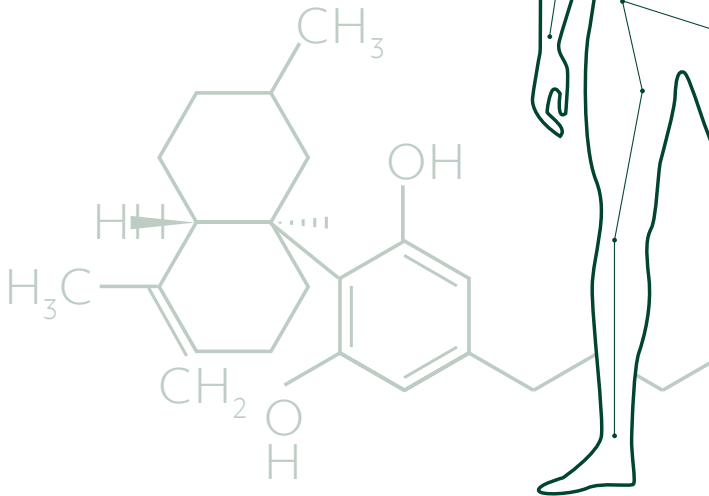
# Welcome

CBD is a relatively new product and it can be hard to find the right information. However, it's very important to educate yourself about its healing effects. That's why we created this guide to equip you with all the necessary information and walk you through all the CBD essentials.

# What is CBD

## Cannabidiol

CBD is a compound found in various parts of both hemp and marijuana plants. However, all commercial CBD is derived from *Cannabis sativa*, a legal strain from the Cannabaceae family.





## How does it work?

CBD plays a part in your endocannabinoid system (ECS), this system is responsible for vital processes such as memory, cognition and motor functions. Our body produces its own cannabinoids to keep this system in balance, but it's possible to have a shortage.

This is where CBD kicks in, by reacting with your CB1 receptors, it encourages the body to produce more of its own endocannabinoids to regain balance. This helps to reduce anxiety, nervousness, pain and many others.

# Types of CBD



## **Full-spectrum**

This extract contains most of the cannabinoids and terpenes, this version is minimally refined.



## **Broad-spectrum**

This is the same extract as full spectrum, but an additional step has been done to distill out THC.



## **Isolate**

Isolate means that only the CBD molecules have been distilled out of the full-spectrum extract.

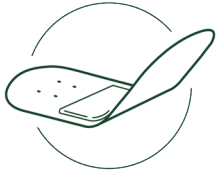


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# Health benefits



**Reduce pain**



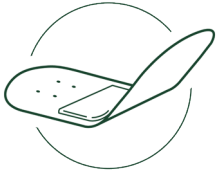
**Help inflammation**



**Combat insomnia**

## **Are there side effects?**

No cases of toxicity or overdosage caused by consumption of hemp-based CBD oil have been reported so far. Usually, CBD is well tolerated by humans, which is proven by the World Health Organization.



**Reduce pain**



**Help inflammation**



**Combat insomnia**

Keep in mind that CBD's effect on humans differs from person to person, and mild side effects are rare but possible. The most common side effects may include drowsiness, low blood pressure, diarrhea, appetite changes, dizziness and dryness of mouth.

# FAQ

## **Does CBD oil get you 'high'?**

CBD oil comes from hemp, and therefore contains a low concentration of THC. It's unlikely to cause psychoactive sensations, the so-called "high" effect. However, CBD products may show up in a drug test due to THC traces.

## **Is CBD natural and/or suitable for vegans?**

Yes, CBD is a 100% naturally-occurring compound that comes directly from the cannabis plant, which means it's also suitable for vegans.

## **How is CBD isolated from the cannabis plant?**

There are several ways, but we use CO2 extraction because it leaves practically zero traces of chemical contaminants in the end product.



## **How long does it take for CBD oil to work?**

It depends on how someone administers the oil. Sublingual and vaporized CBD oil can produce almost immediate effects, while CBD oil absorbed through the skin, or taken as a capsule can take up to an hour to deliver results.

## **What drugs should not be taken with CBD oil?**

Preliminary studies have found that CBD oils will create a drop in resting and active blood pressure. It is not a good idea for people who are on blood pressure medications to take CBD.

Certain epileptic drugs and antidepressants should also not be combined with CBD. It's always a good idea to speak to a doctor before trying CBD when using prescribed medication.



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# Get started with CBD

A small guide to walk you through  
the most important information

