



Full Spectrum CBD Hemp Extract

1000 mg Bottle
(Contains no more than 0.3% THC)

What is CBD?

[Cannabidiol \(CBD\)](#) is a type of cannabinoid, a natural chemical compound found in cannabis plants that interacts with the endocannabinoid system in humans and other mammals. The [endocannabinoid system](#) regulates various cognitive and physiological processes – such as mood, sleep, and pain-sensation.

How Does CBD Work?

All cannabinoids, including CBD, produce effects in the body by attaching to certain receptors.

The human body produces certain cannabinoids on its own. It also has two receptors for cannabinoids, called the CB1 receptors and CB2 receptors. CB1 receptors are present throughout the body, but many are in the brain and deal with coordination and movement, pain, emotions, and mood. CB2 receptors are more common in the immune system. They affect inflammation and pain.

CBD Uses

The Harvard Medical School health blog states – “CBD is commonly used to address **anxiety**, and for patients who suffer through the misery of **insomnia**, studies suggest that CBD may help with both falling asleep and staying asleep.

CBD may offer an option for treating different types of **chronic pain**. A study from the *European Journal of Pain* showed, using an animal model, CBD applied on the skin could help **lower pain and inflammation due to arthritis**. Another study demonstrated the mechanism by which CBD **inhibits inflammatory and neuropathic pain**, two of the most difficult types of chronic pain to treat.”

What is the Difference between CBD and Marijuana?

CBD products come from hemp, a cousin of the marijuana plant. A common misconception is that CBD makes people feel ‘high’, but this is factually incorrect. Another cannabinoid, tetrahydrocannabinol (THC), is responsible for the psychoactive high that occurs when people smoke or consume marijuana. CBD does not produce the same effect. CBD products come from hemp, a type of cannabis plant with relatively low concentrations of THC (no more than 0.3%) and higher concentrations of CBD. Marijuana in contrast contains low concentrations of CBD and higher concentrations of THC.

Full Spectrum CBD Extract vs. CBD Isolate Extract

The Full Spectrum (FS) CBD Extract contains all the compounds found naturally occurring in the plant, including terpenes, essential oils, no more than 0.3% THC, and other cannabinoids. The full spectrum of compounds from the plant work together to magnify the therapeutic benefits of each individual cannabinoid. This is commonly referred to as the “[entourage effect](#)“. The FS CBD also has a bit of a mild ‘earthy’ taste and smell.

CBD Isolate Extract is tasteless and odorless and is the purest form of CBD, which is produced by removing all other compounds found in the plant including terpenes, flavonoids, plant parts, other cannabinoids, and is THC free. Our CBD Isolate is also a water-soluble version which means it has a higher absorption rate than other CBD Isolates.

Will This Affect Drug Tests at Work?

The Full Spectrum CBD Extract contains THC, although no more than 0.3%. We cannot assure you that it will not affect a drug test result. If that is a concern, we would recommend you use the CBD Isolate Extract which is THC free.

Contraindications

If you are taking any prescription medications or are pregnant, it is always recommended to check with your family physician before using CBD products as CBD has been shown in some studies to affect the metabolism of certain classes of drugs, although very minimally.

Side Effects

CBD is considered non-toxic, non-addictive, and the chemical produces very few side effects which are typically minor and non-threatening. According to a report from the [World Health Organization](#), "In humans, CBD exhibits no effects indicative of any abuse or dependence potential... To date, there is no evidence of public health related problems associated with the use of pure CBD." Excessively large doses of CBD have led to some reports of drowsiness or headaches.

Dosage

At this point, there is no "correct" CBD dosage. It is highly recommended to start small and work up from there to achieve your desired results.

It is reported that most pain-relieving effects come after 3-7 days of consistent use 1-2 times daily, but reductions in anxiety/pain have been reported after just 10-15 minutes.

The factors that affect each person's response are: body type, CBD tolerance, the consumer's level of pain or discomfort and the type of CBD product and its concentration.

Using this criteria, first-time CBD consumers should be able to determine a good starting dosage.

Body Type	Mild Effects	Moderate Effects	Strong Effects
Under 130 lbs.	11 mg or less	12-14 mg or less	15-17 mg or less
130 - 230 lbs.	18 mg or less	19-23 mg or less	24-27 mg or less
Over 230 lbs.	23 mg or less	24-30 mg or less	30-45 mg or less

Over 60 mg isn't recommended unless experiencing chronic and/or severe symptoms and you should build to the dosage slowly over time, monitoring your response to the increasing dosages.

The Full Spectrum CBD Hemp Extract you purchased has 1000 mg of CBD extract per 30 mL bottle.

The included dropper is calibrated to contain 1 mL per full dropper, so each bottle has 30 servings.

Each full 1 mL dropper of the 1000 mg will then contain 33.3 mg of CBD extract.

Directions

Use the dropper top to pull up the desired amount of liquid and dispense under the tongue. Allow the extract to absorb into your bloodstream by holding the liquid there for 1-2 minutes before swallowing.

Legality

The 2018 US Federal Farm Bill decriminalized the hemp plant and hemp-based products and clearly set it apart from the high THC containing cannabis plant, marijuana.

Texas State House Bill 1325 was signed into law by Texas Governor Greg Abbott on June 10th, 2019 which made it legal to sell hemp-based products in Texas so long as they contain no more than 0.3% THC.

This product is not for use by or sale to persons under the age of 18. This product should be used only as directed on the label. It should not be used if you are pregnant or nursing. As with any supplement, consult with a physician before use if you have a serious medical condition or use prescription medication(s). These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. Keep out of the reach of children.