



EXTRACT LABS

AMERICAN HEMP

EXTRACT LABS - CBD

Frequently Asked Questions

What is CBD?

CBD is short for cannabidiol, which is one of over 120 known cannabinoids - compounds that are present in cannabis (hemp and marijuana). These cannabinoids are what give the plant its effects. CBD has all the wellness benefits of cannabis (tetrahydrocannabinol), without producing the “high.” In other words, CBD is non-psychoactive.

How is hemp different from marijuana and how is it used in your products?

Hemp is a breed of cannabis plant that has less than .3% THC. We use only American-sourced industrial hemp (which is legal in all states) to produce the CBD oil used in our products. This oil also contains many other cannabinoids such as CBC, CBG and CBN - some even include trace amounts of THC. All of these cannabinoids working together create what is commonly called the “entourage effect”. These cannabinoids work with the endocannabinoid system (your body’s natural infrastructure built for interacting with cannabinoids) to produce positive effects on mood, energy, brain function, and overall well-being.

Why are we hearing so much about CBD and seeing it in all kinds of products?

CBD has become very popular due to the increase in knowledge and acceptance of its wellness benefits and non-psychoactive properties. We have successful testimonial usage of CBD for pain relief, fighting seizures, cancer, reducing the risk of diabetes, combating sleep issues, anxiety, PTSD, skin conditions, and so much more. We encourage consumers to do their own research and consult their health care professionals for advice. The popularity of CBD continues to rise as people learn more and more about its life changing potential.

How does it work?

Cannabinoid receptors in the human body help regulate mood, pain, sensation, appetite, and memory. These receptors can be activated by natural endocannabinoids

produced in the human body or by plant cannabinoids found in cannabis (hemp and marijuana).

What are some of the ways to take CBD?

One of the most popular ways to take CBD is orally in the form of hemp oil tinctures. These can be taken alone or mixed into a beverage - many consumers add it to a morning coffee or smoothie. Sometimes, CBD is infused into gummies, chocolates, and other candies. It can even be vaped or smoked in oil form. Increasingly, it is used in topical formulas such as body and beauty care products. There are many cannabinoid receptors in the skin, which means CBD can be easily absorbed.

When should I take CBD oil and how do I know how much to take at a time?

CBD is normally most effective when consumed on a daily basis. It is a great way to supplement your daily routine - many people take it first thing in the morning and last thing before they go to sleep. Similar to THC, CBD affects each person differently. Dosage amounts and efficacy can and will vary from person to person. It is important to experiment on your own to find out what works best for you specifically.

What's the difference between CBD isolate and "whole-plant" or "full-spectrum" CBD?

CBD isolate is strictly just CBD - it doesn't contain any other cannabinoids. CBD alone has some wellness benefits, but when combined with other cannabinoids, it works even more effectively. For true medicinal benefits, you would want all the cannabinoids working synergistically together (for the aforementioned entourage effect) in your body. So medicinally, full spectrum oil that contains many cannabinoids is much more effective than CBD isolate. Some companies use CBD isolate in their body care products - not only because it is cheaper, but also because of myths that still surround even trace amounts of THC. However, the trace amounts of THC found in full spectrum oil have no psychoactive effects and are fully legal in all 50 states. It is for these reasons we choose to use full spectrum oil in our Body and Muscle Creams.