



THE 5 THINGS YOU SHOULD KNOW BEFORE PURCHASING CBD OIL

1. Benefits of CBD According to Dr. Joshua Axe, a leading authority on natural health the top benefits of CBD are; Relieves pain and Inflammation, reduces Anxiety, helps to fight cancer, Relieves nausea, may treat seizures and other neurological disorders, lowers incidence of diabetes, and promotes cardiovascular health.
 2. Where Did The CBD Oil Come From? A very important consideration when choosing a CBD product is to understand where the CBD oil was sourced. Ideally, you want the CBD oil to be sourced from North America or Western Europe. Some oils from hemp-extracted CBD oil from China has been known to be tainted with toxins. However, there are some producers in China that are starting to produce higher-quality hemp that is leading to higher quality oil.
 3. Public testing Ideally, the company you are purchasing your CBD oil or products from discloses testing that demonstrates they have no toxins or heavy metals or toxins in their oil. Some manufacturers also provide disclose cannabinoid profiles of their plant. Some very high-quality CBD oil manufacturers do not disclose their testing, not because they don't want to be transparent but maintain secrecy around their sourcing and best practices. While it is desirable to know where the CBD oil came from, some purchases don't consider it a must-have.
 4. CBD Coloration There are different extraction methods for pulling CBD from the plant. Using solvents like petroleum or naphtha can produce residuals that could be harmful to your health, especially in patients with compromised immune systems. Ethanol and olive oil can be used as a safe extraction method, although these oils retain the chlorophyll from the plant producing an unpleasant taste and dark color. The chlorophyll can be filtered out of the extract, but cannabinoids are lost in the process reducing the potency of the oil. Supercritical CO2 extraction is popular in the industry because it produces clean, quality oil that is safe with little processing and without toxic solvents. Color can range from clear to golden to black.
 5. Flavor Flavor is always a tough thing to talk about because CBD enthusiasts have different flavor preferences. The clear and golden varieties typically have little taste while the darker oils can taste earthier. It's important to remember you are not taking the CBD for the flavor but for what you believe it will do for you. So only look at considering as one variable in your decision making.
- 1 4 5 2 3 CBD Notice: These statements have not been evaluated by the FDA and are not intended to diagnose, treat, or cure any disease. Always check with your physician before making any changes to your health regime. This information is provided for informational purposes only.