



CBD Facts

By AARON GROVE, PURELY CBD OF ELK GROVE

What is CBD?

“CBD” is an abbreviation for cannabidiol, a non-psychoactive chemical compound found in the hemp plant. CBD is also found in marijuana, which is a cousin of the hemp plant. At Purely CBD, we only use CBD that is derived from the hemp plant—not marijuana.

What do people use CBD for?

CBD has gained widespread attention for its potential to ease symptoms of insomnia, anxiety, chronic pain, and a host of other health conditions. While studies are ongoing as to how effective CBD is, many people are giving it a try.

Does CBD get you high?

No. CBD does not have psychoactive properties and does not cause a “high”.

Is CBD legal?

With the passage of the Agriculture Improvement Act of 2018 (the “2018 Farm Bill”),

signed December 20, 2018, hemp was officially legalized in the U.S., and its designation as a Drug Enforcement Administration (DEA) Schedule I controlled substance was removed. CBD products can be legally sold in the U.S., but they must contain less than 0.3% concentrations of THC.

Will CBD show on drug test?

CBD shouldn't show up on a drug test, nor is it something that is tested for. However, Full Spectrum CBD products contain trace amounts of THC, marijuana's main active ingredient. If enough THC is present, it will show up on a drug test. For those who do get drug tested, we recommend a Broad Spectrum CBD product. When in doubt, check the lab results for the product you are interested in to be sure no THC is present. Our CBD is made from hemp, and lab tested to meet FDA requirements for THC concentrations.

What is the difference between Broad Spectrum and Full Spectrum CBD?

Broad Spectrum CBD products do not contain THC but do include other beneficial cannabinoids, alongside the CBD such as CBDA, CBN

and CBC. This is a good thing! Cannabinoids work best together. It's like a team- the more players, the better it performs. Full Spectrum CBD products are just like Broad Spectrum, except they contain 0.3% THC or less.

Is CBD addictive?

No, CBD is non-addictive

Can I take CBD if I am using other medications?

Research to date shows that CBD is generally safe and has few, if any, minor side effects. CBD does have the potential to interact with some medications. The concern has to do with how the body metabolizes certain substances, and how (much like grapefruit) CBD can interfere with the absorption of certain medications. Before trying CBD, it's always recommended to talk to your doctor about all of the vitamins, supplements, prescription and over-the-counter medications you're taking.

Do you have to build up CBD in your system over time?

No. Your body processes it and uses it right away. It does not get “stored”.

Can I overdose on CBD?

There are no reports of anyone overdosing on CBD as our body uses only what it needs. It's like pouring water on a full sponge; what is not used just goes to waste.

What types of CBD products are available?

There are many different types of CBD products on the market, each with their own pros and cons. The most popular product is called a CBD oil tincture, which is taken sublingually (under the tongue). It can take up to an hour to become fully absorbed into your body, but once it does, it stays with you for 8-12 hours on average. The tinctures also give you much for flexibility in your serving size. Edible CBD products are also very popular as they are easy for those who are on the go and for people who prefer a more controlled amount of CBD. Like the tinctures, edible products can also take up to an hour for full absorption, but it only stays with you for 3 – 6 hours. Another CBD item that many people enjoy are smokeables which include vapes, hemp flower and pre-rolls. Inhalation is the fastest way to get CBD into your system (it's near instant) but it only lasts 1-4 hours. Topical CBD creams are extremely popular and are the most widely available. With near instant absorption, it is great for on-the-go use. Also, (in the marketplace) you will find skin and body products, capsules, pain patches

and so much more. New products are coming out all the time.

Can I give CBD to my pets?

Yes! Your cat or dog (along with most other mammals) actually have the same system to process cannabinoids that you have. This system is known as the Endocannabinoid System (ECS) and it helps moderate a whole variety of bodily processes using endocannabinoids. The CBD, and other compounds found in CBD products, stimulate this system by either activating or blocking the group of receptors it contains. And that's the same for humans, dogs, cats, horses, and most other mammals!

How can Purely CBD help?

First and foremost—as our slogan says, “Promoting the help, not the hype”, we are here to help! We feel strongly about educating our customers on the ins and outs of CBD. We are happy to answer any... and all questions you may have so that you can make the most informed decision possible. We take the time to talk with you about each product and how to find the amount of CBD that gives you the results you are looking for.

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Please stop in and meet our knowledgeable staff; we are happy to answer any questions you may have! Make sure to say "hi" to our adorable mascot, Miss Harlow!

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- THC FREE
- NON GMO
- LAB TESTED



**PURELY
CBD**



**PEOPLE USE CBD TO ALLEVIATE
FOR THE BODY: Pain - Inflammation - Cancer - Acne -
Diabetes - Nausea - Seizures - Cardiovascular Health**

**FOR THE MIND: Anxiety - Depression - Neurological
Disorder - OCD - Panic Disorder - PTSD**



PROMOTING THE HELP... NOT THE HYPE