

**What makes
CannaBuDs different?**

The lifecycle of the plants and products is entirely under our supervision from start to finish. We grow the plants in our own greenhouses from seeds using live soil for nutrients and armies of good bugs for pest management. We harvest, process, and dry all our top crown flower and biomass in our own climate-controlled facilities. The manufacturer uses premium ethanol for our extraction and the physical laws of nature for our distillation. That's it. No other substance touches our CBD or CBG oil from the moment it's harvested and dried until it gets mixed into our final products. Every batch of hemp and every lot of every product is tested by an independent laboratory for quality control and dosing consistency, coded, and logged into a database. We grow the plants, we oversee the process of oil extraction, we oversee the manufacturing of the goods, our name is on the label. Quality and consistency are essential to make sure our customers gets exactly what they need and expect every time; no more, no less.

ANCIENT REMEDIES REVISITED.

We believe that in most cases, natural remedies and holistic therapies are better for our body, mind, soul, and the Earth than man-made pharmaceuticals. Stress and anxiety run rampant in modern society. Chronic pain and general inflammation diminish the quality of life of tens of millions of Americans every day. We know our hemp-derived CBD products, grown by our hands and processed in licensed and certified labs, can help people deal with both of these common causes of disease and live happier, more satisfying lives.

If we can ease people's minds, nudge them towards a sense of peace, or reduce their physical discomfort and stiffness through natural means, we want to do it. When our CBD/CBG tincture reduces someone's anxiety so they don't need prescription mood-stabilizers to get through their day, that's why we grow it. When CBD/CBG tincture gives you the best sleep you've had since the kids were born, that's why we grow it. When our CBD Topical Body Butter makes a grandmother's knees feel good enough to play outside with the grandkids or it loosens up your dad's back enough to get him through the 18th hole, that's why we grow it. And we want to do it in a healthy, holistic way. CBD Medicinal Topical Salve for minor burns, cuts, scrapes or compromised skin issues quickens healing and reduces scarring for better overall health and well-being. That's the reason we grow it.

**CannaBuDs of Rhinebeck
cannabuds.of.rhinebeck
@gmail.com**

**A
CLOSER
LOOK
AT
CBD**



**CannaBuDs of Rhinebeck
cannabuds.of.rhinebeck
@gmail.com**

What is CBD?

CBD or cannabidiol is an organic compound found mainly in the flowers and leaves of the hemp plant. It is one of many powerful compounds found in hemp and cannabis that supports the body and mind in many ways. Your body and most mammals have an endocannabinoid system, which complements your nervous system, musculoskeletal system, and lymphatic system and contributes to your overall well-being and homeostasis. It is a system of neurotransmitters and receptors throughout the central and peripheral nervous systems that can only really be activated by introducing cannabinoids or bursts of adrenaline.

The Difference between Hemp Oil and Hemp Extract

The oil in hemp seeds is mainly composed of dietary fats and oils, which means it can benefit the skin and help the body maintain balance, but does not include ALL of the plant compounds (such as CBD). Hemp oil is healthy for you, but has minimal potential for therapeutic effect. CBD and other potentially beneficial phytocannabinoids (cannabidiol, cannabigerol, etc.) are naturally found in the leaves and flowers of cannabis (also called the "aerial part"), but not the seeds. After extracting cannabinoids from whole plant parts during our clean production process, we are left with a full-spectrum cannabis extract, which retains a series of phytocannabinoids, terpenes, and flavonoids—all of which are naturally found in cannabis. The extract is then diluted with a carrier oil to make the final usable products for consumption or topical use.

Cannabis is a complex plant with a symphony of more than 400 compounds, such as cannabidiol (CBD), cannabigerol (CBG), secondary phytocannabinoids, terpenes, terpenoids, flavonoids, fats, and waxes, among others. All these compounds act synergistically to enhance the beneficial effects of cannabidiol and create what's called an "entourage effect". You're not only getting the benefit of CBD itself but you're also getting the benefit of all the complementary compounds that are naturally found with it. That's our full-spectrum CBD distillate, golden-colored like ambrosia with a consistency of cold honey. You can think of full-spectrum distillate like pulpy orange juice. The natural, healthy vitamin C you're looking for ... AND everything else Nature put in that fruit to makes it so good for us.

How does CBD work?

The human body and that of most mammals has an extensive network of receptors throughout our central and peripheral nervous systems called the endocannabinoid system. The purpose of this system is to help our body maintain balance and maintain good overall health. It's essentially another factor that contributes to good nutrition and overall wellness. Most people understand that if your diet lacks certain vitamins or nutrients, your body won't function as efficiently or effectively as it should. By feeding your endocannabinoid system with as much care as you feed the rest of your body, you can achieve optimal health, mentally, physically, and spiritually. CBD and other cannabinoids are tailor-made for the protein receptors of the endocannabinoid system, to help us retain or restore full-body wellness.

What does it feel like?

The most accurate answer to this question is... it depends on what your body needs. Every body is different, so everyone will react differently. The effect is personalized according to your internal situation. Most users report physical effects of reduced pain and stiffness in muscles and joints, as well as reduced inflammation throughout the body. Mentally, users typically describe feelings of calm, tranquility, serenity, relaxation, and sometimes improved focus and

concentration. Many people use the consumable versions of CBD to help reduce anxiety and improve sleep, which is due to the dual factors of mental stillness and physical relaxation.

Who can take it?

Studies have shown that CBD extracted from hemp can be well tolerated by many people and animals. The most common results from taking CBD are mental calmness and clarity, reduced inflammation resulting from exercise or illness, helps support a healthy sleep cycle, and reduce daily stress. Anyone seeking balance or improvement in these areas can potentially benefit from products containing naturally occurring CBD. CBD works on other mammals also. Older dogs or cats (or horses, goats, etc.) who experience joint stiffness and pain can get relief and improve the quality of their autumn years. Additionally, our four-legged family members who suffer from anxiety due to thunder, fireworks, prior abuse, house company, or the presence of other animals can benefit from its mellowing effects.

Side Effects

CBD is generally well tolerated by most people and animals and is considered physiologically safe. Like any other supplement, it may cause adverse reactions in some people and/or may interact with certain medications. In limited research, contraindications with other pharmaceuticals appear to be minimal. As with any dietary supplement, if you are pregnant, breastfeeding, suffering from or suspected of having a health condition, or taking any medications, please consult your doctor before use. Because CBD mostly works on the peripheral and central nervous systems, possible side effects typically range from mental grogginess/drowsiness to whole body fatigue if taken in heavy doses with no reported biological toxicity.