



Hemp CBD Oil vs CBD Isolate - What's the Difference?

For those just getting familiar with cannabidiol (CBD), the terms “full spectrum” and “CBD isolate” may not mean much to you. You have probably wondered what the difference is and which one you should choose when considering a CBD product. Here is a summary of how they differ and which we feel is a better choice.

The Inner World of the Hemp Plant

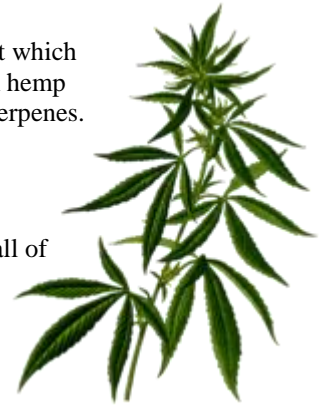
The hemp plant contains hundreds of active and essential compounds, one of them being CBD. Others include [CBDV](#), [CBC](#), [CBN](#), and hundreds of beneficial [terpenes](#). While CBD has recently been the focus of our collective attention when it comes to both hemp and marijuana strains of Cannabis Sativa, it does not make up the *whole* of hemp’s healing properties.

Full Spectrum/Whole-Plant Extract or Oil

As the name suggests, full spectrum or whole plant extract is oil extracted from the hemp plant which contains all the cannabinoids found in the plant. In addition to these compounds, full spectrum hemp oil also contains essential vitamins, minerals, Omega fatty acids, flavonoids, chlorophyll and terpenes.

CBD Isolate

This is cannabidiol in its purest form – it is extracted from the plant and processed to remove all of the oils, plant material, waxes, chlorophyll, and more, leaving behind the pure Cannabidiol. It is most often found in the form of white powder or crystals.



The Entourage Effect – What is it and Is it Legit?

This term is used to describe the healing effect that plant materials may have by working together rather than alone – the idea being that a plant is more than the sum of its parts when it comes to therapeutic benefit.

As with most information relating to the study and effects of cannabis, there are few quality double-blind studies to prove the entourage effect. This does not mean, however, that there isn’t growing scientific evidence to suggest that the theory may hold true. A [2015 study](#) demonstrated the superior therapeutic properties of whole plant hemp extracts compared to single-molecule CBD.

Various research groups have conducted studies that have concluded that the higher efficiency of plant extract can be explained by additive or synergistic interactions between CBD, terpenes, and the minor phytocannabinoids or non-cannabinoids presented in the extracts.

The hemp trinity: Essentials, Nutritionals and Therapeutics

