

**CBD Oil Topicals for Skin**

For dry, inflamed, or aging skin, people often try CBD Oil topical solutions to target specific areas. Your skin is your largest organ, so it's important to keep it moisturized and balanced.

CBD Oil topically make it easy to target the source of your skin problems. Using topicals is easy and straightforward; simply massage the product into the targeted skin area. Repeat as needed throughout the day.

CBD Oil topically range in consistency and it's up to your personal preference on which appeals to you.

- **How to use orally:**

CBD Oil concentrates are natural oils, so each harvest will vary in flavor and consistency. Sometimes the concentrate is a thick oil, whereas other batches will be a little runnier. This is completely normal and to be expected. Just be careful not to let it touch your new white t-shirt or dress.

Now, place the oil under your tongue. Wait 60-90 seconds (the longer the better) and then swallow.

CBD Oil tinctures (or "drops") are liquid supplements packaged in a glass bottle. They will come with either a dropper or spray top for easy dispensing.

CBD Oil has its own taste due to the fact that each harvest renders slightly different flavors because the flavor and aroma come from compounds within the hemp plant called terpenes. Just like cannabinoids, you don't know exactly which terpenes have developed in the

**CBD**  
Oil



**Supplement Facts**

Serving Size 3 drops  
Servings Per Container:

Amount Per Serving	%DV*
Cold Pressed Hemp Oil	100%
100% Organic CBD Rich	100mg*

\*Daily Value not established.

plant until the oil has been extracted and tested. This makes it difficult to guarantee how each batch will taste.

*Available exclusively from:*



**VistaLife's Full Spectrum Hemp Oil** refers to when the pure oil extracted from hemp contains all the same cannabinoids and compounds found in the original hemp plant. It's a combination of CBD rich Organic Hemp Tincture (50%) and Organic Hemp Oil (50%) with GMO Free, Solvent Free and Alcohol Free. Unlike isolated or synthetic cannabinoids, full spectrum hemp oil contains an array of cannabinoids, as well as many essential vitamins and minerals, fatty acids, protein, chlorophyll, fiber, flavonoids and terpenes.

### **What is Cannabis?**

Cannabis comes from the cannabis plant (*cannabis sativa*). It can thrive in almost any climate and grows wild in many parts of the world. It contains about 400 chemical compounds, 85 of which can be found in the Cannabis family, the most well-known of which are tetrahydrocannabinol (THC) and cannabidiol (CBD).

THC is the psychoactive compound in cannabis, which means it produces the euphoria or feeling of being 'high' most often associated with cannabis use. THC attaches itself to CB1 receptors in the brain, which causes shifts in mood, movement and cognition.

CBD, however, is a non-psychoactive, meaning it produces relaxation but it doesn't alter cognition or create a 'high.' This chemical has many therapeutic benefits, however, and is responsible for many of the medicinal uses associated with marijuana.

While both marijuana and hemp are cannabis plants, the marijuana plant is dominated by the THC compound, whereas the hemp plant is dominated by the CBD compound. Currently CBD derived from hemp is legal in all 50 states and readily available to purchase in most. Using CBD products imported hemp are legal under federal law.

### **Cannabinoids**

Full-spectrum hemp oil contains dozens of cannabinoids. The most abundant cannabinoid found in hemp oil is cannabidiol (CBD), a non-psychoactive compound shown to have many benefits in studies. CBD makes up over 90% of the cannabinoid content in full-spectrum hemp oil. Hemp oil also contains the cannabinoid cannabidiolic acid (CBDA). Other more major cannabinoids found in full-spectrum include cannabigerol (CBG), tetrahydrocannabinol (THC), and cannabinol (CBN).

### **Vitamins, Minerals, Essential Fats and Protein**

Extracted full-spectrum hemp oil also contains a wide list of naturally occurring vitamins and minerals. Present are vitamins A, C, and E, as well as B Complex vitamins like riboflavin, thiamine and niacin. Hemp oil is also a source of vitamins that are commonly not sufficiently present in many diets, including beta-carotene. Full-spectrum hemp oil contains minerals like magnesium, zinc, potassium, calcium, phosphorous and iron.

Hemp oil is a healthy source of protein, which is instrumental in building and repairing tissues. Hemp oil maybe a heart healthy source of all 20 amino acids, including the nine essential amino acids that must be provided through the diet.

### **Why is Full-Spectrum Hemp Oil Important?**

The health benefits of full spectrum hemp go beyond it being a source of CBD. The array of cannabinoids and other natural constituents found in full-spectrum hemp oil have been shown in studies to work together in what's referred to as the 'entourage effect.' The entourage effect refers to how various cannabinoids and other natural constituents work together synergistically to magnify their potential therapeutic properties. Introduced in 1998, a study by Israeli researchers Shimon Ben-Shabat and Raphael Mechoulam, the entourage effect theory maintains that isolated or synthetic cannabinoids aren't as effective at eliciting curative effects as when all of the natural constituents work together harmoniously. Together, these compounds work harmoniously to magnify their therapeutic properties. The complex mix of cannabinoids, essential nutrients, protein and healthy fats work synergistically to encourage homeostasis and balance in our health.