

# WHAT IS CBD?

## What It's Not

So it's not THC (tetrahydrocannabinol) and it won't get you high. But it does have the same chemical compound (C<sub>21</sub>H<sub>30</sub>O<sub>2</sub>) - it's just configured differently. Discovered in the 1940's, cannabidiol (CBD) is one of the more than 100 compounds found in the cannabis plant along with CBG (cannabigerol) and Delta 8 (more similar to THC).

## What CBD Actually Is

Endocannabinoids are *naturally* producing molecules found throughout your brain, organs, connective tissues, immune cells, and glands collectively known as your Endogenous Cannabinoid System (ECS). With its complex action in your immune and nervous systems and most of your body's organs, the endocannabinoids are a bridge between your body and mind. The ECS mechanism (and maybe with a little help from Centered CBD), connects and enhances brain activity with states of physical and emotional health. How cool is that?

## How Does It Work?

Decades of research has shown phytocannabinoids (CBD) to be a potent aid in supporting overall wellbeing in human bodies, achieved when CBD amplifies the Endocannabinoid System (ECS) by binding to the CB1 and CB2 receptors in your brain and body.

## What Else Should I know?

1) We don't use clear bottles for our infusion since they can alter the potency of your CBD and who wants that? 2) Our packaging is made with biodegradable and/or recycled material - rock on. 3) Hemp-derived CBD products with less than 0.3% THC are federally legal but still illegal (some states). Unsure? Just check your state laws to be safe. If you go to jail, we won't bail you out! 4) The (FDA) has yet to approve nonprescription CBD products. 5) CBD, CBG, and Delta 8 products *may*: decrease anxiety and depression, help you sleep, reduce your blood pressure, alleviate nausea and vomiting, mitigate pain, boost a suppressed appetite even reduce sugar cravings (lose pounds) to name a few! But everyone reacts differently to everything. It's what makes us human (or pet) and unique. 6) And yes, what it *may* do for you, it *may* do for your pets, too. 7) We highly recommend that you first talk to your doctor or veterinarian before starting Centered CBD products and then begin slow and see how you (or your pet) feel. Ultimately, the journey is yours.

We'd love to hear from you in order to improve our line of Centered CBD!