

THE ROSE & HEMP™

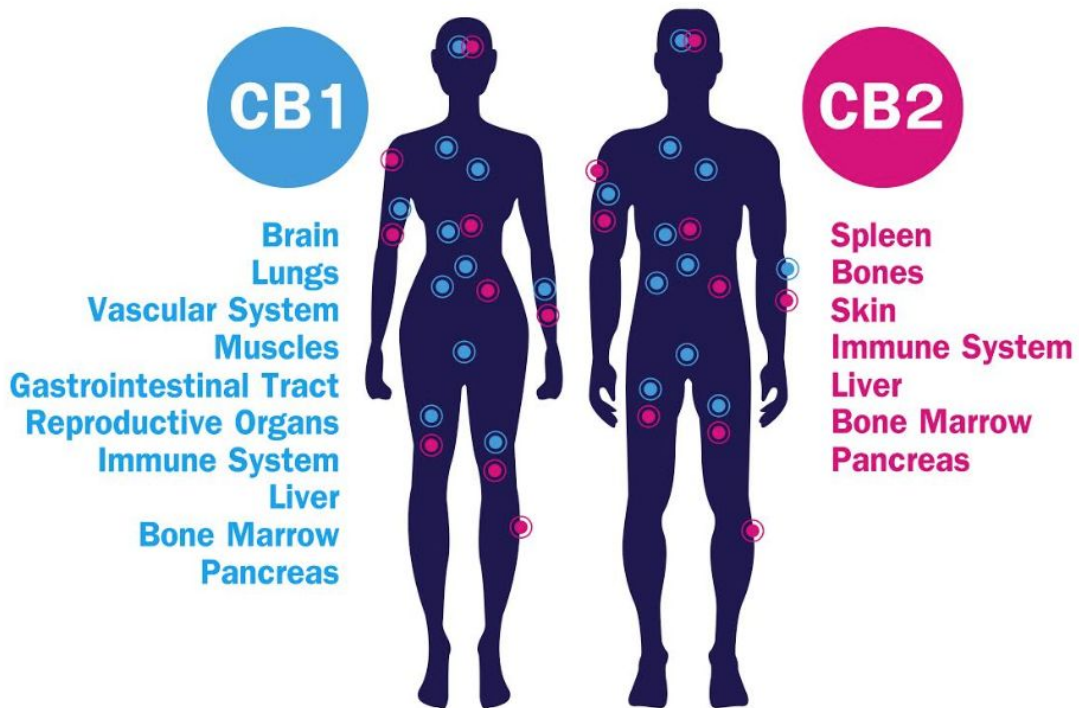
CBD FAQs

What is CBD?

- Cannabidiol (CBD) is a safe, therapeutic, naturally-occurring compound found in the flower of the cannabis plant.
- Research has shown that it has a multitude of health benefits and medical uses for humans and animals alike. *CBD is non-psychoactive and will not get you high.*
- For more details, read on [here](#).

How does CBD work?

- All mammals have an Endocannabinoid System (ECS) that helps regulate crucial physical and mental functions. The ECS is comprised of hundreds of thousands of cannabinoid receptors (CB1 and CB2). Our bodies naturally produce endogenous cannabinoids that are interchangeable with cannabinoids found in the cannabis plant.
- The ECS plays a crucial role in regulating a broad range of physiological processes in our bodies. It is responsible for regulating our moods, energy levels, gut health, immune activity, blood pressure, bone density, glucose metabolism, how we experience pain, stress, hunger, and more.
- Deficiencies in the ECS can lead to disease and dysregulation of any of these functions. Using CBD helps balance out the ECS and can reverse these deficiencies.
- Articles: [The Endocannabinoid System](#) [Discovery of the Endocannabinoid System](#)



What are the health benefits of CBD?

- Many people use CBD as an alternative to pharmaceuticals, which have many unpleasant side effects.
- Scientists have conclusively determined that CBD is a [neuroprotective antioxidant](#) and that it [stimulates neurogenesis](#) in adult brains.
- Extensive scientific research and anecdotal evidence highlights CBD's potential as a treatment for a wide range of maladies, including (but not limited to) autoimmune, neurological, and metabolic conditions, gut and skin disorders, cardiovascular dysfunction, and neuropsychiatric illnesses.
- Its anti-cancer properties are currently being studied extensively around the world.

Is CBD legal?

- Yes, Hemp-derived CBD is legal throughout the U.S. and in many other countries.

- In the U.S., hemp-derived CBD must contain less than 0.3% THC for legal distribution.
- <https://nifa.usda.gov/industrial-hemp>

Will I test positive on a drug test?

- Full Spectrum CBD can contain up to 0.3% THC, so while it is unlikely that you will test positive on a drug test, it really depends how much you take and how sensitive the test is.
- If you are subjected to drug testing, we recommend that you stick to a *Broad Spectrum or CBD isolate* product, as they do not contain any THC at all and will not present a risk.

How do I use it?

- CBD comes in a variety of forms including oils, tinctures, topicals, edibles, vape, and flower.
- The method you choose depends on your desired result.
- Tinctures are recommended for long term results and are used 2-3 times daily.
- Topicals, vape, and flower are all fast acting and provide relief within minutes. These are great for an “as needed” basis.
- Edibles usually take 30-60 minutes to produce an effect and are good for both long term and short term effects.

What form of CBD is best for me?

- For long term results for mental health, difficulty sleeping, pain and inflammation, we recommend using a daily oil tincture.
- For daily aches and pains, a topical product is recommended in addition to your daily dose of oil tincture.
- For a midday boost, edibles are a great option - mints and chocolates are easy to carry with you and take as needed.
- For immediate results, pre-rolled flower or vape is the fastest way to get the CBD into your bloodstream and provides instant relief.

- You can use any combination of CBD products to achieve your optimal results.

How do I know if it's working? What does it feel like?

- Results vary depending on the method of ingestion. If you're taking a daily tincture, starting at a low dose and gradually working up to your ideal dosage, it could take several weeks to notice optimal results, but it is well worth the wait!
- While pharmaceutical medications make you feel the *opposite* of your symptoms, people who use CBD start to notice the *absence* of their symptoms. They find they feel more balanced, and they function at optimal levels, without the pesky side effects of pharmaceutical medications.

What dose should I take?

- When using CBD oils or tinctures, we recommend starting with a low dose and gradually increasing until you achieve the desired result. Once you get there, stick with that dosage or adjust it as needed. Most adults find that an optimal dose is 30-50 mg per day.
- Use the following guide to get started:
 - Week 1: ¼ dropper 2x daily
 - Week 2: ½ dropper 2x daily
 - Week 3: ¾ dropper 2x daily
 - Week 4: 1 full dropper 2x daily

Mg of CBD in a 1oz (30 ml) bottle	Mg per drop (~20 drops per 1ml)	Mg per ¼ dropper (0.25ml)	Mg per ½ dropper (0.5ml)	Mg per full dropper (1ml)
250mg	0.42mg	2	4.17	8.33
500mg	0.83mg	4.17	8.33	16.67
1000mg	1.67mg	8.33	16.67	33.33

- For more details about methods and dosage, read here: [How to Use CBD](#).

Will it interact with my medication?

- While most medications are not affected by the use of CBD, it is important to talk to your doctor before you start taking CBD if you take any prescription medications regularly.
- Here is a [Primer on Cannabinoid Interactions](#) that you can share with your doctor so they can help you determine what method will be safest for use with your medication.
- <https://www.projectcbd.org/how-to/cbd-drug-interactions>

Are there any side effects?

- While you can't overdose on CBD, some people who have taken too much too soon have reported some mild drowsiness.
- This is why we recommend you start with a low dose and increase gradually over the course of several weeks.
- Some have reported what is now called the "first timer effect", in which first time CBD oil users experience upset stomach the first 1-2 weeks CBD is introduced into the body. This is a form of natural detox, is temporary, and is OK.

How do I determine the quality of my CBD product?

- Do your research: The first thing you should look for in a legitimate CBD company is that they have published documentation from 3rd party lab testing. If you can't find any documentation on their website, just move on immediately.
- Many hemp-derived CBD products are [mislabeled](#). A [study](#) reported in the Journal of the American Medical Association indicated that 69% of 85 products surveyed had an incorrect amount of CBD and/or THC on the product label, so make sure you do your research!

What should I look for when choosing a CBD oil?

- Once you've found a legitimate product, some variables to consider for your personal preference are concentration, flavor, and carrier oil.
- Concentration can vary anywhere from 100 - 4000mg of CBD per bottle. You'll have to determine which strength works best for you. We recommend most people start with a low dose of 500mg and increase gradually. If you feel more comfortable taking baby steps to try CBD, you can start with the 250mg and increase from there.

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

- Full spectrum CBD is an extract that contains all compounds found naturally occurring in the plant, including terpenes, essential oils, and other cannabinoids (including <0.3% THC). The full spectrum of cannabinoids, terpenes, and essential oils extracted from the plant work together to magnify the therapeutic benefits of each individual cannabinoid. This is commonly referred to as the "[entourage effect](#)".
- Broad Spectrum also has all the compounds found naturally occurring in the plant, however the THC has been removed, so the Entourage Effect is still achieved. We recommend Broad Spectrum for anyone who is concerned about drug testing.
- CBD Isolate is the purest form of CBD, in which all other plant compounds and cannabinoids have been completely removed. This is most commonly used in skin care products but can also be taken as a tincture. The CBD molecule has excellent health benefits even without the other cannabinoids in the hemp plant.

Can I give it to my kids?

- For children, we recommend CBD isolate or Broad Spectrum products. Gummies or sublingual tinctures are the preferred method of administration for children.
- Many parents report notable improvement with CBD usage for children with attention disorders, stress, and neurological diagnoses.
- Ask your pediatrician if you have any concerns.
- Article [Is CBD Oil Safe for Kids?](#)

Quick Reference Chart for Children's Dosages:

Weight	Low dose	Medium dose
About 30 pounds	2.6 mg	7.8 mg
About 40 pounds	3.6 mg	10.8 mg
About 50 pounds	4.6 mg	13.8 mg
About 60 pounds	5.6 mg	16.8 mg
About 75 pounds	7 mg	18 mg
About 80 pounds	8 mg	19 mg
About 90 pounds	9 mg	20 mg
About 100 pounds	10 mg	22 mg

Can I give it to my pets?

- All mammals have an endocannabinoid system, so yes, you can give it to your pets, and it will have similar health benefits as it does for humans. Many people give CBD to their pets to help with stress, dementia, joint pain, and general health.
- For long term results, you can give them the oil tinctures, either directly in their mouths or add it to their food. We also have CBD dog treats that you can give them daily.
- We find it is helpful to increase the dosage or give an extra dose for stressful situations such as thunderstorms, fireworks, vet visits, or new pets in the home.

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- Click here to read an [Interview with a Vet about CBD](#).
- Dosage is determined by weight. Use chart below to determine how much you should be giving your pet.

Quick Reference Chart for Pet Dosages:

Pet weight	Low dose	Strong dose
About 10 pounds	1 mg	5 mg
About 20 pounds	2 mg	10 mg
About 30 pounds	3 mg	15 mg
About 40 pounds	4 mg	20 mg
About 50 pounds	5 mg	25 mg
About 60 pounds	6 mg	30 mg
About 70 pounds	7 mg	35 mg
About 80 pounds	8 mg	40 mg
About 90 pounds	9 mg	45 mg
About 100 pounds	10 mg	50 mg