



CBD FAQs

What is CBD?

CBD, or cannabidiol, is a plant derived compound known as a phytocannabinoid. It is most commonly found in the resinous flowers of the cannabis/hemp plant. Hemp is defined as a cannabis plant that contains .3% or less of tetrahydrocannabinol, or THC. Phytocannabinoids interact with our endocannabinoid system (ECS), an internal network of cell receptors, to help regulate critical functions within our bodies that help restore homeostasis.

Cannabis sativa
more than .3% THC = MARIJUANA



Cannabis sativa
less than .3% THC = HEMP



What are the benefits of CBD?

Cannabis/hemp have a rich history of medicinal use, across cultures, for thousands of years. CBD has been studied extensively in recent decades for its significant therapeutic potential, including the alleviation of pain, anxiety, seizures and inflammation. Cannabinoids affect individuals differently so there is no guarantee of its efficacy for a particular purpose.

Is CBD Safe?

CBD is generally considered safe, even at the high doses that have been part of clinical trials thus far. These levels (hundreds of mgs/dose) generally far exceed what most people are consuming. Potential negative side effects can be unintended lethargy or stimulation. CBD can also interfere with the body's ability to metabolize other medications.

Does CBD interact with other medications?

It can. Consult your healthcare practitioner before consuming CBD if you are taking medication. Studies have shown that CBD can inhibit the metabolizing of certain drugs.

Is there an age requirement for the consumption of CBD?

Ceres Natural Remedies requires purchasers to be 18+ years of age. You must be at least 21 years old to purchase CBD vape products in the state of Vermont. It is legal for CBD to



be used for therapeutic benefit in minors. We recommend this is done under the supervision of a health care practitioner.

What is the difference between isolate, broad spectrum, and full spectrum?

- CBD Isolate features the cannabidiol (CBD) compound alone, with no detectable THC.
- Broad spectrum CBD contains multiple compounds from the hemp plant, like terpenes and flavonoids, as well as other cannabinoids. It contains zero detectable THC.
- Full spectrum CBD contains multiple compounds from the whole plant: terpenes, flavonoids, and cannabinoids — including up to .3% THC.



Will CBD make me high?

CBD is a non-psychoactive cannabinoid compound. It does not impart the feelings of intoxication that are associated with cannabis consumption. In fact, CBD can actually lessen the intoxicating effects of THC. However, *full-spectrum* or *whole plant* CBD products can contain up to .3% THC. While this is within the legal threshold, individuals who are sensitive to THC or consume large amounts of such products may feel the effects to some degree.

Can CBD products show up on a drug test?

They can. Products made using *full-spectrum* or *whole plant* CBD contain up to .3% THC. While this is within the legal threshold, the THC can still be detectable via drug screening. Products containing CBD *isolate*, however, contain no THC and therefore qualify as a better option for individuals who may be asked to submit to testing.

Is CBD legal?

The 2018 Farm Bill legalized industrial hemp, removing it from Schedule 1 listing of the Controlled Substances Act. This change theoretically makes CBD from hemp legal throughout the country. The FDA, however, views CBD as a pharmaceutical and therefore subject to federal oversight per the FD&C Act. Even though the FDA has the authority to restrict CBD products, it can choose not to do so. The agency has accepted public comments on CBD in preparation for a public hearing on future regulations.

The statements made here regarding CBD have not been evaluated by the Food and Drug Administration. The efficacy of CBD products have not been confirmed by FDA-approved research. CBD products are not intended to diagnose, treat, cure or prevent any disease. All information presented here is not meant as a substitute for or alternative to information from health care professionals. Please consult your health care professional about potential interactions or other possible complications before using any product.

METHODS OF CANNABINOID CONSUMPTION: ONSETS & DURATION OF EFFECT

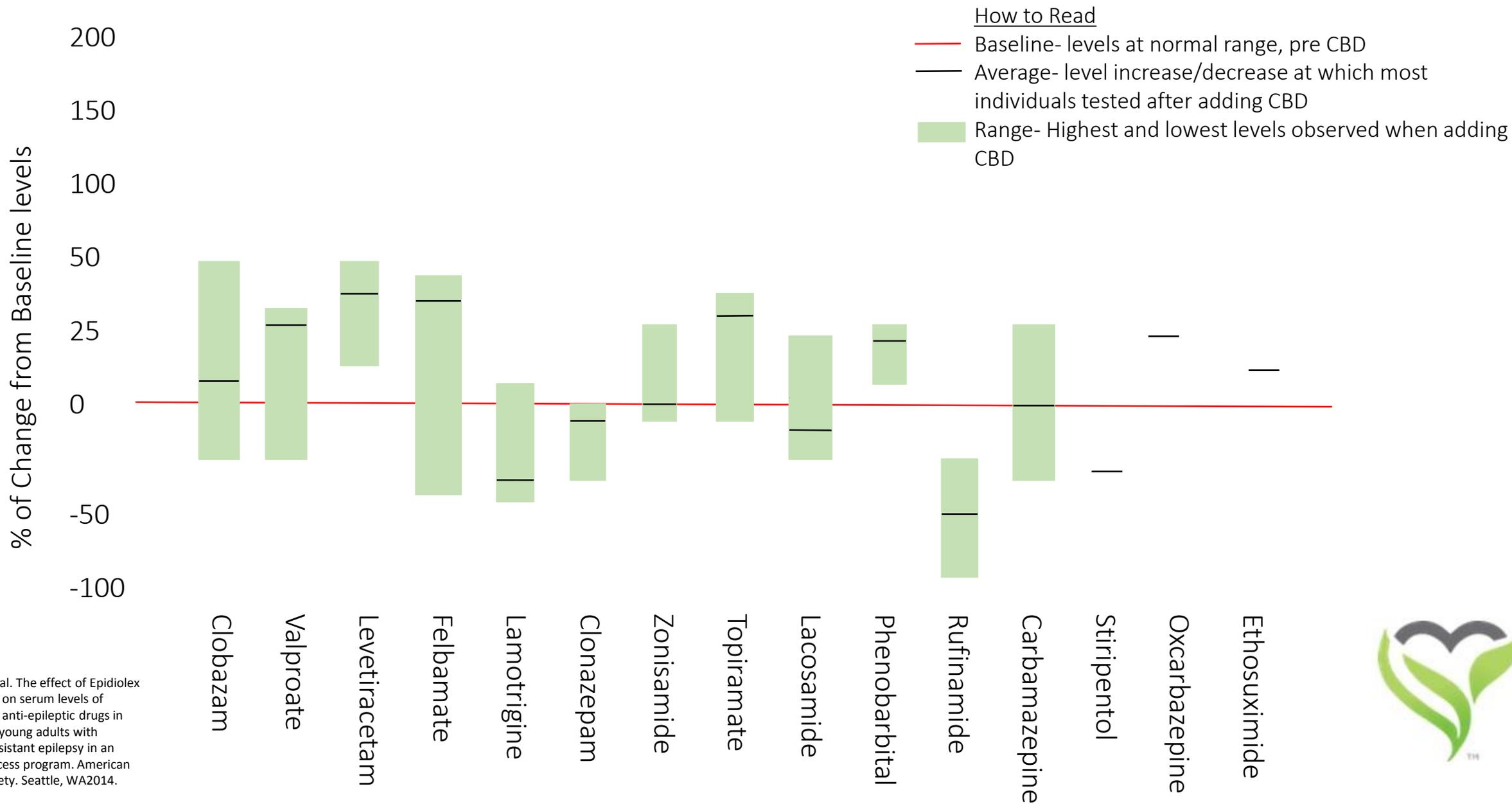
Finding the delivery method that works for you takes time.

Use this chart to help you determine your own preferred method and dosage, along with subsequent duration of effects.

METHOD	PRODUCTS	ONSET*	DURATION*
Inhalation	Flower, Vape & Concentrates	Immediate - 5 Minutes	1 - 3 Hours
Sublingual	Tinctures, Oral Sprays & Lozenges	15 - 60 Minutes	2 - 6 Hours
Ingestion	Capsules, Infused Foods & Beverages	30 - 120 Minutes	4 - 8 Hours
Topical	Lotions & Salves	Local & Fast-Acting, Within 30 Minutes	1 - 4 Hours
Transdermal	Patches & Gels	Systemic & Fast-Acting, Within 30 Minutes	4 - 8 Hours
Internal	Suppositories	Systemic & Fast-Acting, Within 30 Minutes	2 - 6 Hours

*These are general guidelines that we find hold true for the majority of customers. Your personal experience may differ. Keep a journal and track your own results. For a more in-depth look into each method of consumption, please visit www.ceresremedies.com/pages/product-education.

AED Potential Interactions with CBD



Friedman, et al. The effect of Epidiolex (cannabidiol) on serum levels of concomitant anti-epileptic drugs in children and young adults with treatment-resistant epilepsy in an expanded access program. American Epilepsy Society. Seattle, WA2014.

