



# CBD FAQ

ALL THE INFORMATION YOU NEED TO KNOW

## **What is CBD, and how does it work?**

Cannabidiol, or CBD, is one of 150 naturally occurring cannabinoids found in the Cannabis plants. It is one of the most prevalent compounds found in the plant. CBD interacts with our Endocannabinoid system, which plays a crucial role in regulating a broad range of physiological processes that affect our everyday experience, such as mood, energy level, immune system, and more. CBD helps to provide homeostasis to all of the major systems within our bodies.

## **Is CBD Legal?**

Yes! Green Compass Hemp Extract is 100% legal to purchase and consume. We test every batch to confirm it contains below the legal limit of THC content. The 2018 Farm Bill federally legalized hemp derived products with THC limits of 0.3%.

## **Can I test positive on a drug test from using CBD?**

All Green Compass products, including Broad Spectrum and Boost, could contain very trace amounts of THC that are below detectable levels by our third party lab tests. Products are tested by using liquid chromatography, detecting THC levels over 100 PPM. If you are subject to drug testing then you may want to consult with the testing facility and your employer before using these products. Green Compass cannot guarantee the outcome of customer drug tests.

## **What is the difference between the hemp plant and marijuana plant?**

The hemp plant is a variety of the Cannabis plant that is engineered to be high in CBD and low in THC. Marijuana is engineered to be high in THC and lower in CBD. Both carry many of the same compounds, but the hemp derived CBD extracts do not cause the feelings of intoxication due to low levels or absence of THC.

## **Are Green Compass Products Organic?**

Green Compass Farms only grows USDA Organic Certified hemp. The majority of our products are also USDA Certified Organic, including the Boost Line, Full-Spectrum Tinctures, Broad-Spectrum Tinctures, Infuse Roll-On line and the Nano Jellies. This is rare in the industry. There are other companies that use Organic hemp but then process and formulate with non-organic ingredients and practices.

## **What type of Hemp does Green Compass use?**

Green Compass uses a proprietary high quality strain of hemp that we have found to grow extremely well with our soil and climate conditions. We grow our hemp on Green Compass Farms right here in the U.S.



### U.S. HEADQUARTERS

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### **What are the benefits of using CBD?**

CBD helps to regulate our endocannabinoid system which helps to regulate many of our other biological systems in our bodies, including the nervous system and immune system. When using CBD you will likely feel a calm sense of focus. It will also help to give you relief from daily stresses, assist in the recovery from exercise induced inflammation, as well as support a healthy sleep cycle.

### **Will CBD make me feel “high”?**

No, CBD does not cause the euphoric “high” feeling associated with THC.

### **Are there any risks or side effects associated with CBD.**

Known side effects include feeling tired and an increase or decrease in appetite. These occur in rare cases and are typically associated with very high doses. We do recommend that anyone with health related issues or taking medication to consult with your doctor before taking CBD products.

### **Is it okay to ingest CBD oil if I am taking medications?**

We always recommend discussing any medications concerns with your physician.

### **What is Full-Spectrum Hemp Flower Extract?**

Our Full-Spectrum Hemp Flower Extract uses the whole flower, and has the full array of cannabinoids, terpenes and flavonoids which are beneficial compounds found in the hemp plant. The Full-Spectrum extract may contain trace amounts of THC, but would always be under the legal limit for THC. This array of plant compounds is the best way to take advantage of the entourage effect. This is the synergistic effect that occurs when you use the entire plant and all of its natural compounds.

### **What is Broad-Spectrum Hemp Flower Extract?**

Our Broad-Spectrum Hemp Flower Extract uses the whole flower like the Full-Spectrum, and has the full array of cannabinoids, terpenes and flavonoids like the Full-Spectrum. However, the Broad-Spectrum goes through an extra step to remove the THC. This process has been USDA Organic Certified.

### **What is CBD Isolate Hemp Flower Extract?**

Our CBD Isolate is pure CBD isolated from the Hemp Flower Extract. This means that this extract does not contain any of the other cannabinoids, terpenes, and flavonoids found in the hemp plant like the Full-Spectrum and Broad-Spectrum extracts. This is sometimes preferred by people that would like to increase their CBD intake without ingesting THC.

### **How are the Nano Jellies made?**

The Nano Jellies are formulated using a proprietary Nano-Emulsion process that was developed by Green Compass's science team. This process yields the highest bioavailability possible, which is up to 10x higher than a tincture, with each Jelly being equivalent to a single 750mg-1,500mg tincture serving. Essentially, you can take a lower milligram serving to accomplish the same effect. The Nano Jellies include the Broad-Spectrum Hemp Flower Extract, so these Jellies are THC free.



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### **What other valuable compounds are in the Full Spectrum and Broad-Spectrum Hemp Flower Extracts?**

Green Compass Full-Spectrum Hemp Flower Extract also has an array of beneficial compounds such as terpenes, flavonoids and carotenoids.

### **What is “Bioavailability”?**

Whenever CBD is consumed only a portion of it reaches your blood stream to have the desired effect. That amount is the bioavailability. Sublingual consumption is one method to get good consistent dosing. The longer you hold it under the tongue, the better the absorption. We suggest a minimum of a 60 second hold under the tongue. It is not suggested to vape anything as the American Lung Association has a statement that states that anything whether smoked/vaped causes lung damage. There are also a ton of breathing dynamics that cause huge fluctuations in dosing. Like, hold time, size of breath, etc. Direct GI consumption leads to some of the poorest bioavailability and a fatty meal can have a positive affect on the CBD absorption, up to 40 fold.

### **How do I use the tincture?**

We recommend first shaking the bottle to ensure the CBD extract and MCT oil are fully mixed. Next, fill the dropper to the desired serving size and dispense the oil under the tongue. We recommend letting the oil sit under the tongue for between one and two minutes before swallowing. This ensures optimal absorption.

### **How much should I take? Is there a recommended serving size?**

Everyone is different! We recommend customers who are new to CBD start with the 500mg tincture and suggested daily serving size of 1-2mL per day. You can always increase or decrease your mg strength of the tincture you are taking, or your daily serving size as you see fit. Consult with your doctor on serving size if you are on any pharmaceutical medication (examples: blood thinners, pain killers, antibiotics, steroids, etc.).

### **Is CBD safe for kids?**

Green Compass recommends speaking to your physician or pediatrician before giving CBD to your children.

### **Is CBD safe for pets?**

Yes, CBD works the same in all mammals. The endocannabinoid system is within us all! Green Compass has two pet tinctures that are popular with dog owners. We recommend asking your veterinarian if this could be good for your dog, or any other pet species.

### **Why do the tinctures vary in color?**

Because the tinctures are natural products with all natural ingredients, it is normal for the color and flavor to have slight variations in color, taste or smell. This is due to the terpene profiles and flavonoids, as terpenes and flavonoids will vary in the plant. This can also vary more between Full-Spectrum, Broad-Spectrum and Isolate tinctures, as the terpene profiles vary between these product lines, and terpenes are what give the extracts their flavor and color.



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