

# PRODUCT *recommendation* GUIDE



GREEN COMPASS™

Green Compass offers a line of high quality, safe, hemp-based wellness products that support overall health within the body. The Green Compass tinctures along with Nano Jellies yield the highest levels of CBD and improve overall balance within the body's various health systems. We recommend that every person begins their wellness journey with our Balance and Restore Collection.

Our tinctures and nano jellies contain beneficial amounts of pure, therapeutic CBD. The tinctures and jellies can be used together or alone. To enhance wellness results, pair your CBD routine with Green Compass Boosts, Collagen, Reduce or any of our targeted enhancement products.

*We recommend that everyone begins their hemp wellness journey with the Balance and Restore Collection.*

## BALANCE AND RESTORE COLLECTION *750 mg Full or Broad Tincture and Limoncello Jellies*

- ▶ Experience the synergistic benefits of the two delivery methods.
- ▶ Creates a routine and allows product to be shared with family members.
- ▶ We suggest beginning with the Full Spectrum tincture, unless a product with no THC is desired, then we recommend the Broad Spectrum tincture. This would maximize the entourage effects of the cannabis phytonutrients.
- ▶ We recommend that the tinctures be held under the tongue for a period of 60 seconds and swallow. For the nano jelly we suggest chewing the jelly until it melts in the mouth. These methods maximize the bioavailability.

GOOD *hemp* for good HEALTH



EMPOWER YOURSELF. BUILD COMMUNITY. BE THE CATALYST TO CHANGE.  
WE'RE MAKING AN IMPACT – *you can too.*

If a prospect, is not comfortable beginning with both a tincture and jelly then we recommend that they begin with either the 750 mg Full or Broad Spectrum tinctures or the Limoncello or Elderberry Jellies. Ask the following questions to determine which one to begin.

- Which product do you feel you will take consistently on a daily basis?
- Do you plan on taking it before bed or on the go? If taking before bed, consider the tinctures and if taking it on the go then consider the jellies.
- For maximum benefits we recommend using the Full Spectrum Tincture to help the body with overall balance.
- If there are reservations about holding a tincture under the tongue, then suggest starting with the nano jellies .
- If the Jellies are selected, help them determine between the Limoncello and Elderberry by asking the following: Is taste or immune benefits more important to you? If taste is more important, offer Limoncello Jellies. If helping to support your immune system is more important, offer Elderberry Jellies.

## HOW TO USE *broad/full spectrum tinctures & limoncello or elderberry jellies*

### TINCTURES

01. Shake bottle
02. 1 dropper every night before bed
03. Hold under tongue 60-90 seconds and swallow

*\*for best results use daily*

### NANO JELLIES (*Limoncello & Elderberry*)

01. Take 1 Jelly each morning
02. Chew slightly and allow jelly to melt in your mouth

*\*for best results use daily*

### HOW TO ADJUST

- If benefits are not experienced then one can increase the milligrams or amount of oil and/or jellies taken daily.
- If feeling sluggish or tired, then we suggest decreasing mg or amount of oil and/or jellies taken daily.
- Take tinctures and jellies during the time of day based on need.
- **EXAMPLE:** If more restful sleep is desired, take tinctures and/or jellies at night. if looking to promote a sense of calm during the day, take tinctures and/or jellies in the morning or throughout the day.

## PRODUCT RECOMMENDATION GUIDE

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### ➤ OVERALL WELLNESS

1. Balance and Restore Collection
2. Full Spectrum Tinctures
3. Broad Spectrum Tinctures
4. Elderberry Jellies
5. Limoncello Jellies
6. Collagen

### ➤ SLEEP SUPPORT

1. Full Spectrum Tinctures
2. Broad Spectrum Tinctures
3. Sleep Jellies
4. Sleep Boost
5. Calm Roll-On
6. CBG Collagen

### ➤ PAIN SUPPORT

1. Full Spectrum Tinctures
2. Broad Spectrum Tinctures or nano jellies
3. Reduce Pain Cream or Roll-On
4. Pain Boost
5. Collagen

### ➤ CALM SUPPORT

1. Full Spectrum Tinctures
2. Broad Spectrum Tinctures
3. Limoncello or Elderberry Jellies
4. CBDA
5. Shine and Calm Roll-On

### ➤ IMMUNE SUPPORT

1. Full Spectrum Tinctures
2. Broad Spectrum Tinctures
3. Elderberry Jellies
4. Immune Boost
5. CBDA

### ➤ SKIN SUPPORT

1. Collagen
2. Full or Broad Spectrum Tinctures
3. Skincare Line
4. Soothe

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

THC Free means trace amounts less than 0.01% or 100ppm