

Fast Facts about CBD Oil

CBD Oil is rapidly growing in popularity for its ability to support health and well-being. Here's what you need to know to get quality oil that's right for you.



What is CBD Oil?

CBD stands for **Cannabidiol**, a plant extract that studies suggest has powerful health benefits. It's naturally occurring in the leaves of marijuana or hemp.

SOURCES OF CBD

MARIJUANA

Marijuana is rich in CBD but also has high levels of the psychoactive compound THC, making it illegal in most states and countries.



HEMP

The hemp plant is cultivated for high levels of CBD, and low THC (less than 0.3%). THC-Free hemp oil is also available, and ships globally.



SYNTHETIC/ISOLATE

Pharmaceutical companies are racing to synthesize CBD. However, synthetic CBD and CBD isolates lack other beneficial plant compounds.



Bottom Line: The best source for CBD is **phytocannabinoid-rich hemp oil**.

CBD Isolate vs. Broad Spectrum CBD Oil

An oil containing a CBD isolate means that you only get one type of cannabinoid. Broad spectrum CBD oil has a variety of beneficial compounds that create an entourage effect, meaning each substance enhances the other.

	CBD Isolate	Broad Spectrum CBD Oil
High in CBD	✓	✓
Multiple Cannabinoids	✗	✓
Terpenes - beneficial plant oils	✗	✓
Flavonoids - antioxidants	✗	✓

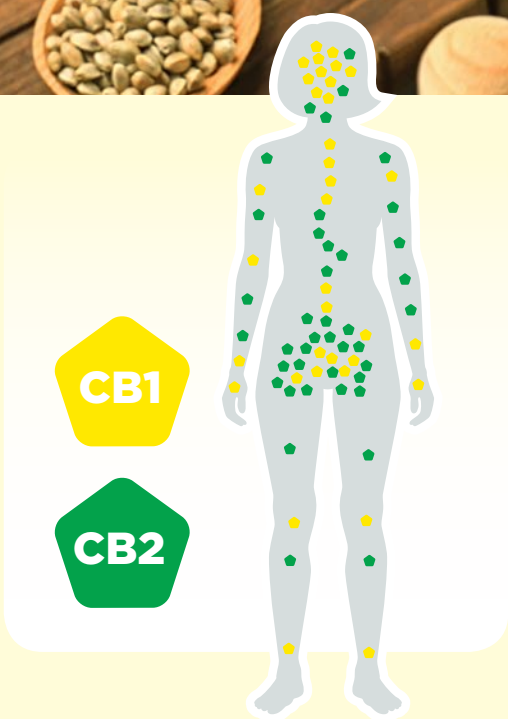




How does CBD Oil Work?

CBD, other cannabinoids and terpenes interact with the body's Endocannabinoid System (ECS), helping to balance the body in areas of immunity, mood, stress, sleep and much more.

The Endocannabinoid System has receptors throughout the body and the primary ones are CB1 and CB2. The body produces its own cannabinoids and also uses cannabinoids from plants such as hemp.



7 Benefits of CBD Oil

Broad spectrum CBD oil that is rich in CBD, other cannabinoids, and terpenes has many benefits for health and well-being:

1 Fights Temporary Inflammation 

4 Supports Restful Sleep 

2 Eases Everyday Stress 

5 Promotes A Healthy Heart 

3 Calms Joint Discomfort 

6 Fights Free Radicals 

7 Supports Exercise Recovery 



Choose the CBD “Carrier” Oil Carefully

Because cannabinoids (including CBD) are not water soluble, the phytocannabinoid-rich extract is best absorbed in an oil base, called a “carrier” oil.

The quality of these oils can vary widely. Organic **hemp seed oil** is an optimal carrier oil due to its healthy omega 3-6-9 content.



Who Can Use CBD Oil?

Almost everyone. Whether you are a strong athlete, busy parent, stressed professional, or active retiree—broad spectrum CBD oil can make a positive difference in your life. If you have questions about any medical condition, check with your healthcare provider.



What about THC?

THC (tetrahydrocannabinol) is a cannabinoid that has psychoactive effects at high doses. Hemp is naturally low in THC (<0.3%) so there is no psychoactive effect. However, many athletes, parents, and professionals prefer zero-THC oil.

Touchstone Essentials offers **THC-free CBD oil** that benefits everyone.



How Do You Take CBD Oil?

For optimal absorption, use the dropper to place your preferred amount of CBD oil in the mouth, holding it there for up to 60 seconds before swallowing. Touchstone Essentials' broad spectrum CBD oil has a refreshing mint taste from organic peppermint oil.

5 Factors

to Consider When Choosing CBD Oil

Hemp is the best plant source for CBD. Here are all the factors to consider when choosing a premium quality CBD Oil.

1

How Much CBD?

Aim for 25mg of CBD per daily serving (or more). The total amount of cannabinoids per bottle should be listed on the label in milligrams (mg). That adds up to 750mg or more per 30-day supply.



2

Broad Spectrum for Full Benefits

Avoid isolates and pick **broad spectrum CBD oil** so you get a wide range of beneficial cannabinoids, terpenes and flavonoids.

3

What Carrier Oil is Used?

The phytocannabinoid-rich extract is blended with a carrier oil for ease in use and absorption. Look for an organic hemp seed oil base for beneficial omegas.



4

What Extraction Method Was Used?

Getting fragile phytocannabinoids from the plant requires the right methods. Buy from a trusted source to ensure no harsh chemical solvents were used.

5

Nano-Emulsion for Maximum Absorption

The smaller the oil droplets, the better they are absorbed. Nano-emulsion technology means you get maximum benefits and value per serving.



*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.



For the goodness of CBD, cannabinoids, terpenes and more, use **Calm Premium Broad Spectrum CBD Oil**. It's rich in CBD, is THC-free, and uses nano-emulsion technology to deliver the full goodness of hemp in every drop.



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