

CBD Oil 101: Fact Sheet

This fact sheet from Health Rack is intended to give you all the essential facts about CBD oil in a quick and digestible format. We're firm believers in giving you as much information as possible about our products, so you can make an informed decision about whether CBD oil is for you.

What is CBD oil (cannabidiol)?

CBD, or Cannabidiol, is one of over 85 unique cannabinoid chemical compounds found in cannabis and hemp plants. Although a distant relative of THC, CBD is neither psycho-active nor addictive. Classified as a food supplement, CBD oil is a natural extract that is growing in popularity thanks to its various benefits.

How does CBD oil work?

CBD is a phytocannabinoid; a type of cannabinoid that is consumed rather than naturally created by the body (endocannabinoids). CBD interacts with the endocannabinoid system and receptors in the brain to help with the mediation of pain perception and provide a general boost in well-being.

Where does CBD oil come from?

CBD oil is extracted from Cannabis Sativa plants and accounts for 40% of the extracts taken out. Although the CBD compound is present in psychoactive cannabis (marijuana) and non-psychoactive cannabis (hemp), legal CBD oil available to buy from Health Rack is derived from hemp.

Does CBD oil get you high?

No. CBD oil is often incorrectly mistaken for THC, the psychoactive cannabinoid found in cannabis. THC is the illegal substance that causes a 'high'. CBD oil does not cause any psychoactive effects whatsoever because it does not work on the same brain pathways as THC.

Is CBD oil legal?

Yes. CBD products are completely legal to sell in the UK as a food supplement. Only products that make medicinal claims need authorisation from the Medicines and Healthcare products Regulatory Agency (MHRA).

Is CBD oil tested?

Yes. All our CBD oil products are strictly tested for quality, potency and purity. Our supplier, Canabidol has a dedicated facility in the South East of England where they use an analytical cannabidiol oil testing method to separate, identify and quantify each cannabinoid and test the potency of their CBD oil products.

What are the benefits of CBD oil?

CBD oil is used to boost wellbeing. Ongoing research studies are exploring the potential for CBD oil as a form of pain relief. CBD oil provides the benefits of the cannabis plant without the paranoia that comes with the THC chemical compound. With further research, there is hope that CBD oil could assist with various ailments.

What CBD oil products can I buy from Health Rack?

At Health Rack, we aim to bring you all the benefits of CBD in a range of accessible products that best suit your lifestyle. Among our complete range of Canabidol CBD products, we can offer you top quality [CBD drops](#), [CBD capsules](#), [CBD Gel-Tabs](#) and [CBD vape oil](#).

For more information about Health Rack's CBD oil range of products, [visit our website](#) or call 0800 085 6211.