

CBD Oil White Paper

HEALTH RACK



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WHAT IS CBD OIL (CANNABIDIOL)?

CBD oil, or Cannabidiol, is a chemical compound found in the hemp plant and is one of over 85 unique compounds – cannabinoids – found in hemp. CBD oil is therefore a distant relative of the more commonly known THC compound. However, unlike THC, CBD is completely non-psychoactive. It is therefore safe for the whole family because it produces no high.

There are two main types of cannabinoids: those produced naturally by the body, known as endocannabinoids, and those that can be consumed, which are called phytocannabinoids. CBD oil is a phytocannabinoid. These chemical compounds interact with the body's central regulatory system – the endocannabinoid system – which helps our bodies to maintain a stable condition (homeostasis) and affects essential processes like sleep, appetite and mood.

Our bodies are clever enough to produce their own naturally occurring endocannabinoids. These bind to cannabinoid receptors in the central and the peripheral nervous system (which controls voluntary and involuntary reactions from your brain and spinal cord to the rest of your body). However, phytocannabinoids give our central regulatory systems an extra helping hand, providing a wealth of benefits.

CBD is 100% legal in the UK and is sold as a food product. Recent advancements in the understanding of CBD oil's benefits, and innovations in the extraction processes, have resulted in the rapid growth of the CBD industry, both across the UK and worldwide.

HOW DOES CBD OIL WORK?

Cannabinoid receptors are mainly found in areas of the brain that are responsible for pleasure, memory, thinking, time perception and coordination. Therefore, it is the way that CBD oil reacts with these particular receptors that results in the various CBD oil benefits that can be experienced. When CBD binds on to the brain's receptors, it is known to help with the mediation of pain perception and body temperature.

We must stress that this process is entirely different to when someone smokes cannabis. In that scenario, the Tetrahydrocannabinol (THC) overloads the Endocannabinoid System, which generates psychoactive effects. THC has a similar structure to the brain chemical, anandamide, which essentially leads the brain to function differently to normal.

CBD oil is neither psychoactive nor addictive because it only includes an exceptionally low level of THC (less than 0.2%). This is why CBD oil is perfectly legal for customers in the UK to now purchase it. Although CBD oil benefits vary from person to person, because of how it reacts with the endocannabinoid system, this incredible supplement is rapidly growing in popularity and repute.

WHERE DOES CBD OIL COME FROM?

CBD oil is extracted from specific types of cannabis plant (Cannabis sativa and Cannabis indica). CBD typically accounts for 40% of the extracts taken from the plants. Although the CBD compound is present in psychoactive cannabis, or marijuana, and non-psychoactive cannabis, which we know as hemp, legal CBD oil available to buy from Health Rack is derived from hemp.

At Health Rack, we only stock CBD oil products from a single, trusted manufacturer: Canabidol. Why? Because we are confident that Canabidol provide the safest, most effective, most responsibly sourced and tested CBD products available. The cannabis plants they source our products from are grown using a specific organic farming process to ensure they contain a high level of CBD. The CBD oil is extracted using state-of-the-art technology, condensing just the elements of the plant that are beneficial and legal. The resulting CBD oil is tested under strict conditions to make sure it is not only safe but also of a high quality and concentration.

Canabidol maintain the highest quality standards by controlling every step in the production of your CBD oil – from seed to shelf. From the planting, through the complete growing process, to their propriety extraction methods, laboratory testing, product manufacturing and distribution to Health Rack's 14 stores and online warehouses.

Let's take a look at all the steps your CBD oil goes through before it reaches you:

GROWING THE CANNABIS

Using specifically bred cannabis plants containing high levels of CBD, strict organic farming practices lead to the growth of naturally developed strains of Cannabis. Everything is tightly controlled from cultivation through to harvesting. Such is the growth of CBD oil's popularity, Canabidol have added new dedicated multi-site growing and research facilities here in the UK and across Europe to meet the increasing demand.

EXTRACTING THE OIL

The extraction process isolates and removes any unwanted compounds, while creating the maximum potency of phytocannabinoids. Cutting edge technology is then used to develop a full spectrum oil, which includes high levels of cannabidiol, cannabinoids and terpenes. This guarantees a consistent, pure, and premium product.

TESTING THE OIL

Accurate testing is essential to ensure the quality, potency and purity of your CBD oil. Canabidol use state-of-the-art High Performance Liquid Chromatography (HPLC) equipment for the job. As well as testing the CBD levels in every batch of Canabidol CBD oil, they run a full unique terpene profile and test for microbiological contamination, heavy metals and pesticides.

INDEPENDENT LAB TESTS

Canabidol validate their CBD oil testing by employing independent labs to perform additional tests. These labs are some of just a hand full in the world that are capable and qualified to test to the highest quality standards.

CBD PRODUCTS

Every part of the manufacturing process is controlled at Canabidol's facility in England. Going above and beyond good manufacturing procedures (GMP), and carrying out rigorous in-house laboratory testing, means that their CBD products are consistently produced and controlled according to quality standards.

GLOBAL DISTRIBUTION

Canabidol products are now distributed globally, including directly to all 14 Health Rack stores and our warehouses. That means that, whether you visit us in person or online, you can find the ideal CBD product for you – quickly and for a price that's right. Our ongoing partnership with Canabidol means that sourcing your CBD oil from Health Rack has never been easier.

DOES CBD OIL GET YOU HIGH?

CBD oil is often incorrectly mistaken for THC, the psychoactive cannabinoid found in cannabis. Although CBD and THC are the two most common compounds found in cannabis, they actually have vastly different properties and benefits.

THC is the mind-altering, illegal substance that causes a user's so-called 'high'. Unlike THC, CBD oil does not cause any psychoactive effects whatsoever. That is because CBD does not go to work on the same brain pathways that THC does. A [2017 report by the World Health Organisation Expert Committee on Drug Dependence](#) concluded that:

“ To date, there is no evidence of recreational use of CBD or any public health related problems associated with the use of pure CBD. ”

There is still a huge amount of negative stigma attached to the idea of CBD oil, mainly due to ongoing misconceptions linking CBD with THC. At Health Rack, we want to dispel the myths and are passionate about giving our customers all the facts necessary to make an informed decision about CBD oil. With only nominal traces of THC (less than 0.2%) found in CBD oil, it is physically impossible to get 'high' from ingesting or vaping CBD oil.

IS CBD OIL LEGAL?

CBD products are 100% legal to sell in the UK as a food supplement. Only products that make medicinal claims require authorisation by the Medicines and Healthcare products Regulatory Agency (MHRA).

According to the World Health Organization:

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At its November 2017 meeting, the WHO Expert Committee on Drug Dependence (ECDD) concluded that, in its pure state, cannabidiol does not appear to have abuse potential or cause harm. As such, as CBD is not currently a scheduled substance in its own right (only as a component of cannabis extracts), current information does not justify a change in this scheduling position and does not justify scheduling of the substance.

”

IS CBD OIL TESTED?

All of our CBD oil products are rigorously tested to ensure the highest levels of quality, potency and purity. Canabidol's dedicated facility in the South East of England has developed an analytical cannabidiol oil testing method for the six main cannabinoids. That enables them to separate, identify and quantify each cannabinoid at low levels. Canabidol test for potency to establish the exact amount of cannabinoids in their CBD oil products.

As well as the quality and potency of CBD, Canabidol also test a range of other factors, including:

Terpenes – Tests for terpenes identify the compounds that produce the colour and distinctive flavours of the final product. Terpenes are considered to have many beneficial effects. Testing for these compounds ensure the final CBD oil product has a consistent colour and flavour profile.

Bacteria – Testing for bacteria or mould on the plant material ensures there are no harmful pathogens, which could be consumed and cause unwanted side effects.

Pesticides – Testing for pesticides is important to ensure the safety and purity of the Cannabis. If the plant has been treated with pesticides, the final product could cause unwanted side effects. Canabidol CBD oil products only use Cannabis that is grown organically. Pesticide tests are only carried out to verify that their CBD oil is 100% organic.

Solvents – Canabidol do not use solvents in their method of CO2 extraction because high concentrations of solvents can lead to unpleasant health effects and result in unsafe products. Their CO2-extraction process does not use any solvents, so – like their pesticide testing – solvent testing is carried out merely to verify the fact that none have been used in the production process.

CBD OIL BENEFITS

CBD oil has been used as a supplement for years. However, the development of the CBD chemical compound means you receive all the benefits that come with cannabis without the high. The stigma surrounding CBD oil has put many people off using it, whilst also halting the discovery of the full benefits of CBD oil.

At the moment, a common use for CBD oil is a contemporary method to wellbeing. There are currently ongoing research studies that are delving into 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 the CBD chemical compound could lead to life-changing improvements.

Since CBD oil has not been approved as a cure or treatment for any disease, CBD companies do not make or support any medical claims related to hemp CBD oil. Many reputable clinical publications have published their findings on CBD, so we highly recommend that you do your own research on cannabidiol and hemp CBD oil.

DIFFERENT TYPES OF CBD OIL PRODUCTS

The Original Full Spectrum Entourage Range

The original Entourage range contains everything that mother nature intended, it is a raw extract that is essentially just concentrated cannabis. This full spectrum plant extract benefits from all the available cannabinoids resulting in the phenomenon, called the “entourage effect,”. Where hundreds of natural components within the plant interact together and with the human body to produce a stronger influence than any one of those components used alone. They are an acquired taste with a strong cannabis flavour and aroma profile.

The New and Improved Great Tasting Range

The New CBD Cannabis Oil from Canabidol has been developed to be the best tasting most premium CBD Cannabis oil ever created. Other CBD oils on the market can taste awful, look unappealing and are of inconsistent quality. By targeting all these issues, they set about creating the highest quality extract available today. The extraction process has been developed to isolate and remove any unwanted compounds, while creating the maximum potency level of CBD. State-of-the-art technology is employed to create an extract that includes both high levels of cannabinoids and terpenes. This guarantees a consistent, pure, great tasting and premium product that contains no THC so is safe for the whole family.

CBD Dropper Bottles

Canabidol CBD Oil showcases their passion for getting things right! This phytocannabinoid rich Cannabis Sativa L. extract contains 100% Cannabis and has been developed utilising state-of-the-art technology to isolate and remove all the unwanted compounds, while creating the maximum levels of CBD, synergistic phytocannabinoids, terpenoids, essential Oils and other beneficial compounds found in their specially bred cannabis strains. This CBD oil is the most premium, best tasting oil ever created.

DIFFERENT TYPES OF CBD OIL PRODUCTS

CBD Gel-Tabs

Canabidol looked into what CBD oil users needed from a product to provide them with the optimum benefits. Firstly, in order to administer an exact dosage, it had to be in a single dose format. You can't effectively dose CBD oil by approximation. Secondly, it needed to be taken sublingually (under the tongue). To bypass the digestive system that breaks down CBD before it is absorbed. Currently, two years after its initial release, this is still the only exact dosage, sublingual CBD product available globally. This has now been joined by their CBD Cocoa-Tabs that work in the same way but taste even better.

CBD Oral Capsules

Canabidol Oral Capsules are great for ease of consumption. They promise zero taste, total convenience and a controlled dosage. Delivering 100% Cannabis from Canabidol's specifically bred plants containing high potency cannabidiol, each CBD capsule contains all the Cannabinoids, terpenoids, essential oils and other powerful compounds of the Cannabis plant. Orally administered CBD oil is stored in fat cells for up to 48 hours, so allows for slow release and 24/7 effectiveness. All of which makes it an ideal supplementary product to be taken alongside our other sublingual or vape products.

CBD Concentrated Extract

At up to 75% purity, Canabidol's proprietary extraction process has been developed to isolate and remove any unwanted compounds, while creating the maximum potency level of phytocannabinoids. State-of-the-art technology is employed to ensure a full-spectrum oil, which includes high levels of CBD, cannabinoids and terpenes. This guarantees a consistent, pure, and premium product. Supplied in an easy to use oral applicator for buccal administration (absorption via the cheek and gum) with incremental milligram markings for delivery of an exact dosage of CBD. This can also be administered directly to the skin for highly targeted delivery of CBD to a specific area.

DIFFERENT TYPES OF CBD OIL PRODUCTS

CBD Cacao-Tabs

Developed using the same methods as Canabidol's Gel-Tabs, these Cacao-Tabs provide optimum delivery of CBD oil into the bloodstream and they taste delicious. Designed to melt under the tongue, CBD Cacao-Tabs are absorbed through the blood vessels, bypassing the digestive system. In addition to Gel-Tabs which were launched in 2015, this is the only other single dose sublingual CBD product on the market. Administering an exact dosage via the most efficient and cost-effective delivery method available.

CBD Vape/Oral Liquid

Canabidol CBD vape liquid can be used directly in a vaporiser, mixed with your favourite e-liquid or taken directly via oral administration. As it is not made with CBD isolate, it is fully legally compliant, unlike the majority of other vape liquids currently on the market. It took Canabidol over two years of research and development to produce a vape liquid of this quality. Improvements made to their extraction and refining processes has resulted in this 75% purity oil.

FREQUENTLY ASKED QUESTIONS (FAQs)

Such is the growing interest in CBD oil, that we are regularly asked questions about the product from our interested customers. As such, we thought it might be useful to compile some of the most Frequently Asked Questions (FAQs) here. Chances are you may have been wondering the same things, so hopefully we can clear up any queries you might have.

IS CBD OIL SAFE?

A frequently asked question is 'is CBD oil safe?' like any substance, such as paracetamol and Ibuprofen, CBD oil has potential side effects. There have been many studies on the effectiveness of cannabidiol, of which many have highlighted that the substance is safe and has shown minimal side effects.

However, it is important that you are informed of any side effects. Side effects may include dry mouth, low blood pressure, drowsiness and light-headedness.

WHERE CAN I BUY CBD OIL?

You can now buy CBD oil on our [online store](#), or via mail order by visiting one of our 14 stores throughout the North of England.

At Health Rack, we have a wide range of CBD products available, including:

- Cannabis Gel-Tabs in 100mg,250mg, 500mg and 1,000mg
- Cannabis Supplement Hard Shell Capsules in 300mg
- 100% Cannabis Oil in 250mg, 500mg and 1,000mg
- Cannabis Extract Oil Syringe in 25%, 50% and 75%

HOW MUCH CBD OIL DO I NEED?

CBD oil is treated as a supplement to add into your everyday life, therefore there are no exact 'dosing guidelines' as such. How much CBD oil to take comes down to how the supplement works with your endocannabinoid system. Finding the effective dosage of CBD oil for you and your body takes time, effort and understanding.

IS CBD OIL LEGAL IN THE UK?

CTA are the only trade body that is representing the UK cannabis industry. With over 100 members, the CTA are self-regulating the industry and working alongside the MHRA to ensure that CBD oil products in the UK are sold legally.

DOES CBD OIL ACT AS A PSYCHOACTIVE?

CBD oil does not contain Tetrahydrocannabinol (THC) which is the substance in cannabis that is responsible for psychoactive side effects. This is due to THC locking with the CB1 receptor, found throughout the brain, and the central nervous system. THC and CBD react with the CB1 receptor differently and are thought to activate different psychological responses.

If you are interested in purchasing CBD oil but want to know more, please call Health Rack today on 0800 085 6211 or email sales@healthrack.co.uk. Our expert advisers will be only too happy to discuss your requirements with you. For more information, visit www.healthrack.co.uk.

MORE RESEARCH BEHIND CBD OIL

<http://www.who.int/features/qa/cannabidiol/en/>

http://www.who.int/medicines/access/controlled-substances/5.2_CBD.pdf

More links to be added...