

YOUR CBD QUESTIONS ANSWERED

WE'VE GOT YOU COVERED **ESTD 1989 BARLEAN'S** CBD YOU CAN TRUST

WHAT IS CBD OIL?

CBD stands for cannabidiol, which is a compound extracted from the hemp plant. It's one of more than 100 cannabinoids, which are unique compounds found in cannabis that are known to promote health and keep people resilient to changes in their environment.

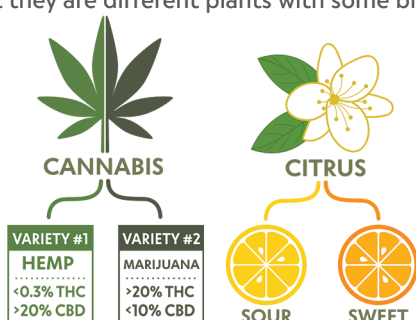
CBD DOES NOT MAKE YOU HIGH

CBD isn't marijuana and you can't get high from taking CBD hemp oil. It's made from legal hemp, which contains 0.3% or less THC, the compound that causes the "high" people get from marijuana.

Bottom line: CBD is about healing without the high.

HEMP VS. MARIJUANA

It's true that hemp and marijuana both come from the same plant family, *Cannabis sativa L*, but they are different plants with some big differences. Hemp has significant amounts of CBD, but contains only trace amounts of THC (0.3% or less). It's kind of like lemons and oranges: they're both in the citrus family, and they have some similarities, but they're different plants.



HOW DOES IT WORK?

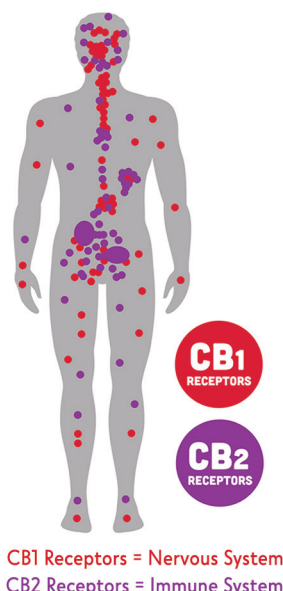
STRIKING A BALANCE

The human body is self-regulating. Like a tightrope walker, it's constantly shifting to keep balanced and healthy – a process called *homeostasis*. One way our bodies maintain homeostasis is via the Endocannabinoid System (ECS).

YOUR BODY'S OPERATING SYSTEM

CBD supports your body's endocannabinoid system (ECS). The ECS helps regulate a variety of processes like eating, sleeping, relaxation, recovery and cognition. It's like your body's operating system.

The ECS is made up of CB1 and CB2 cell receptors, which regulate different health functions. CBD acts upon these receptors in the ECS and limits the breakdown of anandamide (often called the bliss molecule). In doing so, CBD can help your ECS function at its best by maintaining homeostasis and keeping you healthy.



CBD 101: LOOK FOR THESE FEATURES WHEN CHOOSING A HIGH-QUALITY CBD HEMP OIL PRODUCT

Decarboxylation ✓

An essential step in creating CBD oil, decarboxylation uses heat to convert inactive components in cannabis into active components. It makes many elements in the cannabis plant—such as CBD—much more potent and bioavailable.

Full Spectrum ✓

All the good things you get from hemp come from hundreds of naturally occurring compounds and nutrients working together. When these compounds are combined as nature intended, the whole becomes greater than the sum of its parts. This is called the *Entourage Effect*.

Hemp ✓

Hemp comes from the non-psychoactive variety of *Cannabis sativa L*, which has 0.3% or less of tetrahydrocannabinol (THC). Hemp and marijuana are genetically distinct and different in their use, chemical makeup and cultivation methods.

Terpenes ✓

One component that contributes to the *Entourage Effect*, terpenes are the compounds that give cannabis its unique smell and flavor. Terpenes are important for getting the maximum benefit from CBD because they bond with cannabinoids to turbocharge them.

Third Party Laboratory Testing ✓

Independent third party lab testing is used to ensure product quality and integrity because third party labs are not affiliated with the ingredient supplier, manufacturer or company whose name appears on the product. We offer full transparency on our test results at [Barleans.com/LookItUp](https://www.barleans.com/LookItUp).

✓ = Feature of Barlean's CBD Hemp Oils

IF YOU WANT THE BEST, YOU WANT BARLEAN'S



CBD Hemp Oil You Can Trust

Our family has been making healthy oils and supplements in the Pacific Northwest for 30 years. As a leader in the the healthy oils and supplements industry, we stake our reputation on innovating and creating the quality products our customers have come to expect. **All Barlean's CBD products are U.S. Hemp Authority Certified, giving you confidence that they are made from legal hemp and adhere to the highest quality standards.**



IDEAL SOURCING

Our oils are sourced from hemp grown by reliable, environmentally responsible and passionate farmers.



IDEAL EXTRACTION

We use safe and reliable extraction methods that have stood the test of time to bring you the purest, highest quality oils.



IDEAL NUTRITION

Our full spectrum oils contain a full profile of nutrients found in cannabis – nutrients that work better when they work together.



IDEAL SAFETY

Our oils are third party laboratory tested for purity and potency to ensure independent quality analysis of every batch.

HAVE QUESTIONS? WE'VE GOT ANSWERS!

Whether you decide to buy Barlean's CBD hemp oil or someone else's, we want you to understand as much as you can about CBD and how it works in your body.

Visit [barleans.com/cbd](https://www.barleans.com/cbd) to read over 40 frequently asked questions (FAQs), like these: **Are CBD products legal? Will CBD show up on a drug test? Will CBD interact with medications? Are there side effects? and What will I feel when I take CBD?**

You can also learn what to look for in CBD products to be confident they're both safe and legal, watch free webinars featuring experts in the natural products industry, read in-depth articles about CBD research and even take a fun quiz to test your CBD knowledge.

From our family to yours, here's to your health!

Bruce Barlean Jennifer Barlean Barbara Barlean

TAKING CBD HEMP OIL?

YOU MAY NOT BE GETTING AS MUCH AS YOU THINK.

While many of us may think we absorb all the nutrients in the supplements we take, that isn't necessarily true. The truth is, our bodies have a really hard time digesting and absorbing oils and fats, so we often miss out on the nutrients they contain. In fact, the harder we work to digest them, the more nutrition we lose along the way.

It's a long road to the bloodstream...

The key to getting nutrients is making sure they make it to the bloodstream. Since we're not great at absorbing oils (like CBD hemp oil), it's hard for us to reap the full benefits. When we consume oil or fat, our bodies automatically begin to break it down with digestive enzymes and bile in order to micronize and emulsify it (mix it with water and reduce it into smaller, easier-to-absorb micro-droplets). This allows the oil to more readily pass through the intestinal wall and enter the bloodstream, where we can fully benefit from the nutrients. Unfortunately, this arduous process doesn't just slow down absorption; it also whittles down the active ingredient – so you get less of the CBD you were after in the first place.



CBD is expensive, and you can only benefit from what you absorb. So why pay for CBD products you don't absorb well?

INTRODUCING TWO CBD HEMP OILS DESIGNED FOR BETTER, FASTER ABSORPTION

Barlean's has long been known for our emulsified fish and flax oils, and now we bring that same technology to CBD.

Seriously Delicious CBD Hemp Oil

Barlean's uses a patented process to pre-emulsify Seriously Delicious CBD Hemp Oil. This turns it into a creamy, delicious treat, but it's about way more than taste. Pre-emulsifying the oil takes the burden off your body and allows you to more quickly and efficiently absorb the CBD and other nutrients into your bloodstream.



CBD More!

Barlean's makes CBD More! with a special formula that contains TPGS, a natural, water-soluble derivative of vitamin E. When CBD More! softgels or drops are mixed with water (either in a drink or in your stomach), the TPGS activates and emulsifies the oils for you, allowing for better, faster absorption.



BARLEAN'S SERIOUSLY DELICIOUS CBD HEMP OIL

You've never had CBD like this!

Our patented process turns nutritional oils into creamy treats designed for superior absorption and bioavailability.



Seriously Delicious!



- Delicious Taste & Texture
- 25mg CBD per Serving
- Pre-emulsified for better, faster absorption
- BPA and Phthalate Free Bottle



AVAILABLE IN:
CHOCOLATE MINT FLAVOR
LEMON DROP FLAVOR
25MG EMULSIFIED LIQUID

BARLEAN'S CBD MORE! FOR SUPERIOR ABSORPTION



Better. Faster Absorption!



- Full Spectrum
- Fast Acting Formula for Better, Faster Absorption
- No Artificial Ingredients
- Made from U.S. Grown Hemp
- Third Party Lab Tested
- BPA and Phthalate Free Bottle



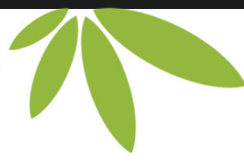
AVAILABLE IN:
25MG DROPS / 25MG 30 CT SOFTGELS

Some people prefer traditional sublingual CBD hemp oil tinctures and softgels, so we offer those, too.

BARLEAN'S IDEAL CBD HEMP OIL LIQUIDS



USDA Certified Organic!



- Full Spectrum
- No Artificial Ingredients
- Cold Extraction Process
- Third Party Lab Tested
- BPA and Phthalate Free Bottle



AVAILABLE IN:
25MG / 15MG / 10MG ORGANIC

BARLEAN'S IDEAL CBD HEMP OIL SOFTGELS



Easy-to-swallow and just one softgel per serving!



- Full Spectrum
- No Artificial Ingredients
- Made from U.S. Grown Hemp
- Third Party Lab Tested
- BPA and Phthalate Free Bottle



AVAILABLE IN:
15MG 30 CT & 60 CT / 25MG 30 CT