



- ✓ Is There a Difference Between Hemp Oil and CBD Oil?
- ✓ What is the Difference Between CBD Isolate and Full-Spectrum CBD Products?
- ✓ Why Do People Use CBD?
- ✓ Which CBD Product is Right for Me?
- ✓ How Much CBD Should I Take?

CBD (cannabidiol) continues to grow in popularity because of its long list of potential health benefits. With the steady increase in popularity, general information may be easy to find, but it can be time-consuming and frustrating to differentiate between the many types of products and find answers to your questions. We would like to help alleviate your frustration. Here are the top five questions that are typically asked about CBD products, and our honest answers to those important questions.

Question #1

Is There a Difference Between Hemp Oil and CBD Oil?

There are several points that may need clarification in order to answer this question. First of all, [CBD](#) can be extracted from either hemp or marijuana. CBD is just one of the many (113) cannabinoids found in the cannabis plants. Because marijuana plants contain high levels of THC (the compound responsible for the “high” feeling), when you are looking for the potential benefits of CBD, without any risk of intoxication, you will want to select a hemp-sourced CBD product.

Hemp oil contains the CBD compound making the term “CBD oil” and “hemp oil” interchangeable throughout the industry. When selecting a hemp oil product, it is important to be aware of how many milligrams of cannabidiol (CBD) the product contains.

The term needing differentiation from CBD or hemp oil is hemp seed oil. Hemp seed oil does not contain CBD. While hemp seed oil has its place in cooking and skincare; it does not offer the

same types of potential health benefits as CBD extracted from the stalks and stems of the hemp plant.

Yes, hemp oil and CBD are the same. Hemp seed oil and hemp oil are not.

Question #2

What is the Difference Between CBD Isolate and Full-Spectrum CBD Products?

CBD isolate is CBD in its purest form. While many CBD enthusiasts believe full-spectrum products offer the most potential benefits, each of these products have their benefits. Knowing the similarities and differences may help you decide which product type is best for you.

Full- Spectrum CBD

When you select a full-spectrum CBD product, your product contains all the cannabinoids, plant terpenes, flavonoids, vitamins, and minerals of the original hemp source. These compounds work together to multiply the potential health benefits of each of the product components. This is known as the [entourage effect](#). Full-spectrum CBD also provides omega-3 fatty acids and all 20 essential amino acids.

It is important to realize that full-spectrum CBD could contain trace amounts (up to .3 percent) of THC, the cannabinoid responsible for marijuana's anticipated high. While never enough to cause intoxication, (marijuana contains 5-30 percent), the thought of ingesting trace amounts of THC can make some people uncomfortable. CBD isolate is a viable alternative.

CBD Isolate

CBD isolate is cannabidiol in it's purest form, a full-spectrum product that has been further processed to remove the plant compounds. All that remains is a white powder that is at least 99 percent pure CBD. Some of the advantages of products made from [CBD isolate](#) include:

- Trace amounts of THC are removed
- No flavor or odor often preferred for edibles
- Ideal for those who dislike the flavor of CBD
- Precise control over the level of CBD contained in a product

Question #3

Why Do People Use CBD?

People use CBD for its potential to supplement and balance their endocannabinoid system. Your endocannabinoid system is a complicated network of neurotransmitters and receptors that

regulate the vital bodily functions necessary for survival (homeostasis). Just some of the functions regulated by this system include pain perception, memory, emotional responses, neuroprotection, sleep regulation, and immune system function.

Today, many researchers believe that endocannabinoid deficiencies are responsible for [many chronic health](#) concerns.

Ideally, your body would make all the neurotransmitters (endocannabinoids) needed to keep your communication system functioning smoothly. While there are two endocannabinoids (anandamide and 2-AG), produced in your body, under stress or the stress of illness, your body may need more neurotransmitters than it creates. Since your body also responds to the cannabinoids in cannabis, CBD from hemp has the potential to supplement any endocannabinoid deficiencies, which explains [the long list](#) of potential health benefits.

Question #4

Which CBD Product is Right for Me?

The best CBD product for you will be the product that best suits your needs and your lifestyle. You may be surprised to learn the extent of available CBD products. Some of the most [popular CBD products](#) include:



- [Full-Spectrum CBD Tinctures](#) – You can take CBD tinctures sublingually or mix them with foods. Many CBD enthusiasts consider full-spectrum products to be the most beneficial due to the entourage effect.



- [CBD Isolates](#) – CBD isolates are easy to add to candy recipes, baked goods, vape e-liquids, and CBD isolates, or products made with isolates, are often preferred by those who are concerned with the trace amounts of THC found in full-spectrum products.



- [Capsules and Softgels](#) – Capsules and softgels are often the product of choice for those who value convenience. When you select a CBD capsule or softgel, you never have to worry about measuring your preferred dose.



- [Vape pens and Vape cartridges](#)– Vaping CBD bypasses the digestive processes, so the potential effects are typically felt within minutes. Those who select vape products have the option of disposable vape pens, rechargeable batteries with pre-filled cartridges or CBD vape e-liquids to use with their favorite vape gear.



- [Broad Spectrum Wax](#) – Broad spectrum wax contains many of the plant terpenes, vitamins, minerals, and flavonoids of a full-spectrum CBD product, but the THC has been removed. CBD wax is typically used for dabbing, a form of vaping that uses wax rather than liquid. Broad spectrum wax can also be blended with olive oil to create a THC-free tincture.



- [CBD Suppositories](#) – CBD suppositories offer the highest level of bioavailability. Since suppositories absorb easily, less CBD passes through the body unutilized. Suppositories are ideal for those who have difficulty swallowing, stomach pain, or nausea.



- [Topical CBD Products](#) – Topical products allow you to target the specific areas of your body in need of the potential benefits. CBD is also shown to protect skin from free radicals that cause skin aging, sagging, and wrinkles.

Question #5

How Much CBD Should I Take?

You may need a little patience to determine the optimal daily dosage to suit your needs. Your body is unique, a dosage that works well for someone else may be too much or too little for you. While there is no danger in taking more CBD than you need, it has been found that more CBD does not necessarily improve your results as well as increases your costs.

When you select a capsule or softgel, your dosage is premeasured. Taken once a day, you would be taking a dose of 25 or 30 mg a day. You can gauge the dosage in a 200 mg vape cartridge at 2 mg per puff. When selecting a full-spectrum CBD tincture, your dosage will be determined by the amount of CBD in the bottle.

A bottle of CBD oil typically contains 15 – 30 milliliters of CBD and is measured with a dropper. A dropper typically holds a millileter (ml). You will need to take fewer millileters or drops of a higher milligram (mg) product. For example:

- 250 mg bottle = 16.6 mg per ml = 0.8 mg per drop
- 500 mg bottle = 33.3 mg per ml = 1.5 mg per drop
- 1000 mg bottle = 66.6 mg per ml = 3.0 mg per drop
- 2500 mg bottle = 83.3 mg per ml = 3.8 mg per drop
- 5000 mg bottle = 166.6 mg per ml = 7.6 mg per drop

While CBD manufacturers typically do not suggest dosage information, some sources suggest starting at a low dose, (25-30mg) per day, while assessing your results. For example, if you decide to start somewhere in the middle of the recommendations and purchase a 250 mg bottle of CBD, you would need to take more than 1.5 droppers full to get 25 mg. If you purchase a 1000 mg bottle, you would need to take less than half a dropper to get the same amount of CBD per dose.

When trying to determine your ideal dosage for your purposes, if you do not experience the results you are looking for after 3-4 hours; you can safely increase the amount of CBD taken with your next dose. Eventually, you will find the best dose of CBD for your needs.

CBD is not a cure or treatment for any medical disorder; it is a potentially beneficial dietary supplement. Consult with your doctor before using CBD products. CBD can interact with some types of medication.

When you are first learning about the potential benefits of CBD, we can help. [Download The Ultimate User Guide](#) for more information about your endocannabinoid system and the potential health benefits of CBD supplementation. [CBDistillery](#) has a quality assortment of capsules, tinctures, topicals and vape products. Visit CBDistillery to find the best products to suit your needs and your lifestyle.