

CBDISTILLERY

Hemp and CBD Glossary

Clarifying the Terms You Need to Know

Cannabis, cannabidiol, cannabinoid... When first exploring CBD products, it's common to become overwhelmed by the number of terms swirling around. If you've ever found yourself confused by the jargon surrounding CBD, look no further than this glossary to clarify what exactly you're buying.

CBD

CBD (cannabidiol) is one of the most prevalent natural compounds (cannabinoids) found in hemp and marijuana plants. Unlike THC (tetrahydrocannabinol), CBD is non-intoxicating. This is because it does not bind with CB1 receptors. CBD has the potential to aid in potential health and wellness benefits, as well as alleviate certain symptoms of certain ailments. CBD can be consumed in various doses and through various mediums, including [vapes](#), [tinctures](#), and [capsules](#).

CBD Oil

CBD oil is, simply, an oil containing some concentration of cannabidiol (CBD). CBD oil can be derived from hemp or marijuana plants. Because of this, it is common that "hemp oil" and "CBD oil" can be used interchangeably. While there are several possible methods of extraction, the most commonly used are CO2 extraction, which filters the plant matter through a series of high pressure, temperature-controlled chambers, and chemical extraction using ethyl alcohol. CBD can also be heated in a process called [decarboxylation](#) to improve the bioavailability of the product. CBD oil often comes in a tincture for ease of use. CBD oil can be classified as "full spectrum", containing other cannabinoids in addition to CBD, or "isolate based", meaning it contains only the CBD cannabinoid.

Cannabidiol

Also known as CBD, cannabidiol is one of the 113 non-psychoactive cannabinoids found in cannabis plants. Hemp plants are high in cannabidiol. You should know that cannabidiol will not cause intoxication, even when ingested in large amounts. The terms cannabidiol and CBD are used interchangeably, with CBD serving as a shortened form of the word cannabidiol.

Cannabinoids

The messengers, neurotransmitters, of the endocannabinoid system. Cannabinoids influence the endocannabinoid receptors located throughout your body and brain to generate a response. There are two types of cannabinoids. The cannabinoids produced by your body are called endocannabinoids. The cannabinoids from cannabis plants are called exogenous cannabinoids. The exogenous cannabinoids of CBD mimic the effects of the endocannabinoids that are produced as needed in your body and help keep your [endocannabinoid system](#) balanced.

Cannabis

The cannabis plant is one of the oldest domesticated crops in our history. As a result of selective breeding, some cannabis plants were bred for religious and medical purposes (marijuana), while others were cultivated for food, rope, and textiles (hemp). Hemp and marijuana are classified according to their THC ([tetrahydrocannabinol](#)) content. While marijuana contains 5-30 percent THC, hemp contains only trace amounts (less than .3 percent), not enough to create any psychoactive effects.

Dabbing

Dabbing is a method of consuming Cannabis extracts, including cannabidiol, via a flash vaporization. The substance, typically an isolate slab or powder, is inhaled after being vaporized on a hot surface. For more information, see our [tutorial](#).

Endocannabinoid System

The endocannabinoid system (ECS) is a collection of cell receptors and the corresponding molecules (agonists) in the human body. This system helps to regulate sleep, appetite, mood, motor control, immune function, pleasure, pain, reproduction and fertility, memory and temperature regulation. When the ECS is in balance, one experiences [homeostasis](#).

Entourage Effect

The entourage effect is used to explain how the whole has a greater impact than it's individual parts. There are more than 400 trace components found in cannabis. Many of these

compounds have the ability to interact synergistically, meaning they work together. The [entourage effect](#) accounts for the ability of synergistic plant compounds to multiply the effects of other compounds. Many people prefer “full spectrum” CBD products because of the potential to benefit from the entourage effect.

Full-Spectrum

The essence of the plant that still contains the plant terpenes, unsaturated hydrocarbons, and flavonoids of the original plant source. A full- spectrum CBD product is the product of choice for those looking to benefit from the entourage effect. Just a few of the many beneficial compounds found in full- spectrum CBD include additional cannabinoids, omega-3 fatty acids, B vitamins, magnesium, potassium, and all 20 amino acids.

Hemp

A non-psychoactive cannabis plant commonly cultivated for food (hemp seeds), textiles, skin care products, and dietary supplements. Hemp is a tall, thin plant and grows up to 20 feet tall. While hemp and marijuana are both of the species *cannabis sativa*, hemp is differentiated from marijuana by its low THC content. To be classified as hemp, the plant must contain .3 percent THC or less. This is not enough to cause any form of intoxication, even when ingesting hemp oil in large quantities.

Hemp Oil

Hemp oil is the essence of the hemp plant. Hemp oil and CBD oil are terms used interchangeably within the CBD industry. When selecting a hemp oil, it is important to note how much CBD is present in the final product.

Hemp Seed Oil

Hemp seed oil and Hemp oil (CBD) are entirely different products. While hemp oil is extracted from the stalks and stems of the plant, hemp seed oil is pressed from the seeds. Hemp seed oil is most often used in skin care products and for cooking. There is no cannabidiol in hemp seed oil. Cannabidiol is the cannabinoid responsible for the potential health benefits of CBD products.

Industrial Hemp

Industrial or [agricultural](#) hemp, which is the type of hemp from which CBD oil can be derived from, is grown specifically for incorporation into a range of products. As noted, industrial hemp cannot contain more than 0.3% THC and is therefore entirely separate from THC-containing Cannabis strains, including medical marijuana.

Isolate

CBD isolate is cannabidiol in its purest form. To obtain an isolate, full-spectrum CBD is further processed, removing all of the plant oils, waxes, chlorophyll and other plant materials. The result is a refined product that is more than 99 percent pure CBD. Isolates are flavorless and odorless. Products made with CBD isolate are often preferred by those who want to avoid ingesting even trace amounts of THC, and those who prefer adding CBD to their favorite recipes.

Marijuana

Marijuana is a cannabis plant classified as a schedule one controlled substance. Marijuana contains high levels (5-30 percent) of the cannabinoid THC (tetrahydrocannabinol). This psychoactive cannabinoid binds to the CB1 receptors in the brain, resulting in the state of relaxation and [euphoria](#) associated with marijuana use. Although marijuana is not legal for use in most states, it can be prescribed by doctors in states that have legalized medical marijuana.

MCT Oil

MCT stands for medium chain triglycerides. MCT oils are easily metabolized by the body rather than being stored as fat or cholesterol. Typically, MCT oil is [a combination](#) of palm oil and coconut oil. The resulting compound is believed to be superior to using each of these oils on their own. MCTs are sometimes used to reduce cholesterol levels and to increase the muscle mass and strength of the elderly.

Pure CBD Oil

Pure CBD oil is essentially the opposite of a full-spectrum product. Pure CBD oil is created using CBD isolate with MCT oil and anhydrous hemp oil. Pure CBD oil is odorless, flavorless and ideal for those who don't care for the flavor of CBD, or want to be assured of using a THC-free product. Pure CBD oil can be used sublingually or added to your choice of foods or beverages.

Terpenes

Terpenes are another type of compound found in plants including cannabis plant. In particular, they are a class of organic hydrocarbons responsible for the plant's aroma. There is thought that terpenes may interact with other compounds from cannabis to alter or magnify the effect of CBD, which is referred to as the entourage effect.

Tinctures

A CBD tincture is a blend of CBD extract and a carrier oil like MCT. CBD tinctures are available for purchase in a wide range of strengths. Tinctures can be made with full-spectrum CBD oil or CBD isolates. While tinctures can be added to foods and beverages, they are typically held under the tongue (sublingually) for a short time before swallowing to allow some of the cannabinoids to be absorbed into the bloodstream before the tincture reaches the digestive tract.

THC

THC stands for delta-9 tetrahydrocannabinol, which is the main psychoactive compound found in the Cannabis plant. THC is responsible for the high that accompanies marijuana. Hemp plants contain extremely small amounts of THC (<0.3%).

Topicals

When applied externally, CBD absorbs through the skin, bypassing the digestive system. Topical CBD products, such as creams and ointments, are often preferred by those looking for targeted benefits from their CBD product. When applied topically, CBD is also shown to have skin-soothing properties and may protect skin from the signs of aging.

Vaping

Vaping is the act of inhaling the vapor created when a liquid is heated. When CBD e-liquid is heated by the coil in the atomizer, the vapor is inhaled in a manner similar to smoking. Vaping was first introduced nearly a decade ago as an alternative nicotine delivery system. Today, vaping CBD is shown to be one of the fastest forms of cannabinoid delivery because inhaling the vapor bypasses the digestive system. It is important to know that CBD vape products are formulated specifically for this purpose, CBD oil and CBD vape products are not typically interchangeable.

Wax

CBD wax is a more crystallized form of the fatty lipids that naturally occur in CBD oil. Waxes are obtained through a process called chromatography. While CBD wax can be taken sublingually or used to create a tincture, CBD wax is often heated in a process known as dabbing, essentially a form of vaping, so the resulting vapor can be inhaled. Depending on the consistency of the wax, you may also find the terms such as shatter, crumble and budder. These are all a form of CBD wax, differentiated by their consistency.

Now that you better understand some of the terms of our industry, visit [CBDistillery](#) to view our quality selection of CBD products. While you are there, feel free to download [The Ultimate CBD](#)

[User Guide](#) to learn more about the potential benefits of CBD, and how CBD could benefit your health and well-being.