

evopure

CBD **BEGINNERS** GUIDE



WELCOME TO CBD

CBD is growing in popularity, but what exactly is this seemingly miraculous supplement, and does it live up to the hype?

If you are new to CBD and wondering how it might help you, this guide is for you!

Evopure is dedicated to CBD education. We want to give you the knowledge and power to make an informed choice about adding CBD to your routine.

WHAT IS CBD?

CBD stands for cannabidiol. It is one of around 85 active **cannabinoids** found in the cannabis plant.

CBD has been used for centuries to support the body in achieving better balance, or homeostasis. Many people use CBD to help them maintain a sense of wellness, but it may also help with anxiety, sleep, and inflammation and provide neuroprotective properties.

If the thought of using CBD makes you nervous, it's because you're

already familiar with the reputation of another cannabinoid, THC.

THC is the psychoactive compound in cannabis (weed, cannabis) that is responsible for the "high". **CBD is not like THC**, which means it won't get you high or alter your mental state.

CBD is available in the UK as a novel food supplement. This means it is **legal** to buy it and use it, provided the THC content is less than 0.02%.

Cannabidiol - is one of many active compounds found in the Cannabis plant.



Tetrahydrocannabinol - is another active compound and the most well-known, thanks to its psychoactive properties - it's the one that gets you "high". Products containing THC may be more effective than fiber hemp.



THE ENDOCANNABINOID SYSTEM

Before we delve deeper into CBD and how to use it, let's take a look at how CBD works:

CBD interacts with the body's [endocannabinoid system](#) (ECS).

The ECS is a system of receptors, neurotransmitters and enzymes that work together to help maintain homeostasis (balance) throughout the body. Your endocannabinoid system is responsible for regulating things like appetite, sleep patterns, pain response and inflammation.

Your body produces its own endocannabinoids. Once the endocannabinoids are used up, they are broken down by releasing an enzyme. CBD is thought to inhibit the release of the enzyme that breaks down these endocannabinoids.

By preventing the breakdown, there are more endocannabinoids available to use throughout the body, which promotes general health and wellness.

TYPES OF CBD



CBD products are described as either isolate, broad-spectrum or full spectrum. This refers to the cannabinoid contents of the product.



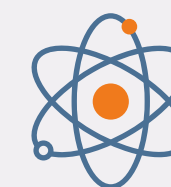
CBD isolate

Isolate only contains CBD and no other cannabinoids, [terpenes](#) or flavonoids. It is considered to be the purest, but some believe that a lot of the benefits of CBD oil are lost when the cannabinoids are isolated.



Broad-spectrum CBD

A broad-spectrum product contains CBD and other beneficial cannabinoids, but no THC. It also contains plant terpenes and flavonoids which can offer their own benefits.



Full-spectrum CBD

Full-spectrum CBD contains CBD, other beneficial cannabinoids and legal levels of THC. This will also contain beneficial plant terpenes and flavonoids.



BENEFITS OF CBD

We're still learning more about the potential benefits of CBD.

Many studies are currently underway to explore the use of CBD for a range of conditions including anxiety, arthritis, chronic pain and insomnia.

It is important to remember that **CBD is not a medication**, and cannot be used as a treatment or a cure. At the moment, CBD is only recognised as a treatment for some rare forms of epilepsy and multiple sclerosis (MS).

It's best to think of CBD as a way to support your health and overall sense of wellbeing.

A few benefits of using CBD include:



Sleep

CBD has the potential to [improve sleep patterns](#).

Since the endocannabinoid system is involved in sleep regulation, it is thought that supporting this system can help to tackle occasional sleeplessness or insomnia.

Another reason people are turning to CBD for sleep is because of a commonly reported side effect: drowsiness. CBD oil might make you feel sleepy, so taking it before bed can lead to a more enjoyable, restful sleep.



Stress

CBD has been the subject of studies into [anxiety](#) and has shown promising results.

It's important to remember CBD is not a medicine, so it cannot be compared to prescription anxiety medication. However, it is a useful supplement to have on hand if you struggle with anxiety occasionally.

Taking it consistently and at the same time daily will help support your endocannabinoid system and may relieve feelings of stress. You can then take an additional dose at times when you feel stressed or anxious.



Inflammation

CBD is thought to help regulate inflammation and [pain response](#).

It's particularly popular with individuals suffering from pain conditions that have no obvious cause such as fibromyalgia, rheumatoid arthritis, chronic fatigue syndrome, multiple sclerosis, and migraines.

It is also popular among women suffering from painful periods or endometriosis.

Additionally, CBD is growing in popularity as a post-workout recovery remedy to prevent sore and aching muscles the next day.

SIDE EFFECTS OF CBD

At the moment, we know that CBD is safe for most people.

However, some people do notice some side effects when they start taking CBD or when they increase their dose. This could include dry mouth, nausea, stomach upset and drowsiness.

These side effects should be short-lived and pass quickly once you stop taking CBD oil.




Please ask your doctor!


If you are taking medications regularly it is advised to consult a doctor before using CBD for the first time.





FIND YOUR CBD DOSAGE

To work out the right dosage for you, you need to consider your age, sex, height and weight, and experience with CBD.

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As you get older, your metabolism slows down, so you will process the CBD slower. Younger people typically need more CBD than older people. But you should always start with a low dose regardless of your age.
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More research is needed to understand how CBD affects men and women differently. At the moment, it is thought that men experience a more physiological response, while women notice more of a behavioural response.
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The taller and heavier you are, the more CBD you will need. Some CBD sellers suggest building up to a specific amount of CBD per kg of body weight. We suggest starting low and increasing slowly until you find the right dose for you.
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If you have been using CBD for a long time, you might find you are more comfortable taking higher doses of higher strength CBD oil. For the first time, we suggest using a 500mg strength CBD oil and starting with no more than 20mg of CBD per day. You can gradually increase it as you get used to taking it.

Can you overdose on CBD?

There is no known toxic dose of CBD oil, so even incredibly high doses don't lead to death. Provided you do not exceed more than 70mg of CBD per day, you shouldn't have any trouble with overdose.

TYPES OF CBD PRODUCTS

Adding CBD to your daily routine is simple. CBD is available in many different forms, allowing you to tailor the method of use to your needs and lifestyle.

Each type of CBD product offers unique benefits, and you don't have to settle for one product. Mixing and matching your CBD products can help you to achieve your health and wellness goals.

When choosing a CBD product, it's important to consider its [bioavailability](#).

These are the most popular CBD products:



Oils & Tinctures

[CBD oils](#) are liquids, usually oils, that are infused with CBD. It is taken sublingually, by placing it under the tongue with a dropper.

CBD oils are absorbed into the bloodstream through the small blood vessels under the tongue. It offers the second highest bioavailability (19-35%) and gets to work quickly.



Capsules

[CBD capsules](#) are similar to multivitamins. This is a simple way to get the same dose every time and is easy to use for people who are always on the move!

CBD taken in a capsule is absorbed in the digestive system, so it has a lower bioavailability (6 - 20%) and takes longer to get to work.



Topical Balms & Creams

[CBD balms and cream](#) can be applied to the skin. It's commonly explored as a supplementary treatment for skin conditions like eczema and psoriasis and can be used for muscle and joint pain.

Topical CBD is absorbed through endocannabinoid receptors in the skin. It does not enter the bloodstream, giving it the lowest bioavailability (0 - 3%) of all CBD forms.



Vaping CBD

CBD is also available as a [vape](#) juice that may be added to e-cigarettes. It's important to note that you cannot simply add your CBD oil to a vape pen, it needs to be specialised vape juice.

This method offers the highest bioavailability (30-55%), as the cannabinoids pass directly into your bloodstream through the lungs.



Edibles

CBD is also commonly sold in food and drink items. Available in various forms such as gummies, [brownies](#), [cake](#), [tea](#), [coffee](#) and [smoothies](#), edibles are the most delicious method to get a dose of CBD.

CBD edibles are also absorbed through the digestive system, therefore it offers a lower bioavailability (6 - 20%) than other CBD products.

What is CBD bioavailability?

The amount of CBD available to use before the body breaks it down. The bioavailability depends on the method of taking CBD!

Highest bioavailability:
CBD vape

Lowest bioavailability:
Topical CBD

WHAT TO LOOK FOR WHEN BUYING CBD

By this point, you should have a solid understanding of the wide range of CBD products available. To help you further, we have included our top tips for what to look for when purchasing CBD products.



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Organic & Sustainable

Finding CBD products from organic and sustainable sources is not only better for the planet its also better for your health. Organic farmers are held to higher standards, so you can be confident you are getting a quality product.

Organic hemp also reduces the risk of contamination by things like pesticides and heavy metals.

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Third-party lab-tested

To confirm the CBD contents of your product, always look for [third-party testing lab results](#). A certificate of analysis (COA) will tell you the cannabinoid contents of your product.

This is beneficial as it will confirm that you are getting the CBD content that you are paying for. It will also confirm that your product does not contain dangerous or illegal levels of THC.

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Full-spectrum vs Broad-spectrum

The only difference between full-spectrum and broad-spectrum CBD is the presence of THC. While full-spectrum CBD should only contain trace (and legal) amounts of THC, some people prefer to avoid this entirely.

If you are worried about the THC content, you should always choose broad-spectrum products to be safe.

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Health goal

What you hope to achieve with CBD should play a big part in the products that you choose. If you are looking to support your overall health and wellbeing, then a broad-spectrum CBD oil is ideal.

You can also combine products to enhance the results. Just be sure to keep track of the total amount of CBD you take in a day.



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Want to find the perfect CBD product for you?
Try our CBD match quiz to find what works for you!

[Find your CBD match](#)