



## ***What is CBD (Cannabidiol) and How Does it Work?***

### **CBD Simply Explained**

CBD is a type of compound found naturally in plants like hemp. It is not intoxicating and not addictive. CBD works with your body's endocannabinoid system (ECS). Your ECS helps with inflammation, appetite, energy, stress levels, sleep schedule and other processes that are central to your well-being. More and more people are choosing to supplement their ECS with CBD every day. CBD helps to balance the body (homeostasis), enabling us to better manage stress, anxiety, pain, appetite and improve sleep.

*One of the most important aspects of CBD is that unlike THC, CBD is non-psychoactive, meaning all of its health benefits can be utilized without getting high.*

### **The difference between Cannabis and Hemp**

Both cannabis and hemp ultimately come from the same plant species – cannabis sativa – just different parts of the plant.

The term **Cannabis** is used when directly referring to the **Cannabis Sativa plant**. It is what most know as “marijuana”, and contains high levels of THC and CBD.

**Hemp**, on the other hand, is used to describe a Cannabis Sativa plant that contains only trace amounts of THC and CBD. Hemp is typically bred for industrial uses such as oils and topical ointments, as well as fiber for clothing and construction.

### **The science of CBD and how it interacts with our body**

According to the National Center for Biotechnology Information (NCBI), “CBD interacts with the body through our endocannabinoid system, or ECS – a complex signaling network found in all mammals.

*ECS is made up of cannabinoid receptors and substances called endocannabinoids. When the endocannabinoids bind or interact with these receptors, they alter the release of neurotransmitters to relay messages between nerve cells. The ECS is constantly using endocannabinoids and cannabinoid receptors to make the necessary adjustments to keep functions such as mood, memory, appetite, pain, immune response, and temperature in a general state of balance.*

HeliosPlusCBD.com  
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## **Why do some CBD products have very small amounts of THC?**

Trace amounts of THC in CBD tinctures and oils can help with the efficacy (absorption) of the CBD. Broad spectrum CBD may contain < .02% THC and Full Spectrum CBD may contain < .03% THC. It's safe and not enough THC to be psychoactive (get you high).

*Helios CBD+ is derived from pure hemp isolate. There are no psychoactive effects and no traces of THC to show up on drug tests.*

## **HELIOS+CBD CONTAINS BOTANICAL COMPOUNDS**

Botanicals are a plant or plant part valued for their natural medicinal or therapeutic properties.

## **“THE ENTOURAGE EFFECT” Terpenes + CBD is a Powerful Combination**

Helios all natural CBD with 22 powerful botanical compounds contain numerous *terpenes*, the combination of which is believed to help create what's known as the “entourage effect.” This powerful entourage effect of cannabinoids (CBD) and terpenes works together, transdermally (through the skin) to relax muscles and calm the nerves. The combination of therapeutic botanicals and aromatic compounds, plus deep penetrating CBD means longer lasting relief.

## **WHAT TERPINE INGREDIENTS ARE FOUND IN HELIOS+CBD?**

Terpenes are aromatic compounds found in numerous plants. These aromatic compounds create the characteristic scent of plants such as cannabis, black pepper, cloves, peppermint, and lavender, as found in the Helios + CBD formula.



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