

*just imagine*

- Sleeping better
- Reducing inflammation
- No aches & pains
- Recovering faster
- Feeling more energised
- Help prevent diseases

Something  
for Everyone

**Pure CBD oil**



Choose from a selection of different strengths between 3% and 60%.

**Topical Balm**



A thick textured oil-based balm which can be applied topically to problem areas.

**Pain Patch**



Our pain patch with 8mg of CBD/patch. Is a great way to tackle the pain directly on the affected area

**Athlete Oil**



Our Athlete MCT/CBD oil is especially made for better performance and quicker recovery.



**CBD Oil**  
**Herbal Solution**

**Contact Us**



+34 640 221562



[www.therealcbd.com](http://www.therealcbd.com)



[info@therealcbd.com](mailto:info@therealcbd.com)



## Benefits of CBD oil

CBD is the major **non-psychoactive** component of Cannabis Sativa. CBD benefits include working as an anti-inflammatory, anticonvulsant, antioxidant, antiemetic, anxiolytic and antipsychotic agent, and is therefore a potential medicine for the treatment of neuro-inflammation, epilepsy, oxidative injury, vomiting and nausea, anxiety and schizophrenia. Here are some of the proven benefits of taking CBD oil daily:

- Relieves pain and inflammation
- Reduces anxiety
- Helps to lower bloodpressure
- Helps to prevent cancer
- Relieves nausea
- Helps control blood sugar
- Promotes cardiovascular health
- Promotes better quality sleep
- Promotes muscle recovery



## How does it work?

Cannabidiol (CBD) is a plant compound derived from the Cannabis species—most commonly referred to as hemp. This compound is the major cannabinoid found in the cannabis species, and accounts for nearly 40% of all cannabinoids found in cannabis extractions. This compound is non-psychoactive which means it does **NOT** cause a high. Cannabinoids are thought to provide their benefits by acting upon our bodies' endocannabinoid system. This system of cannabinoid receptor sites is generally split into two separate classifications—CB1 receptors and CB2 receptors.

CB1 receptors are found mostly in our brains and are responsible for controlling pain, inflammation, and stress reactions. CB2 receptors are most commonly found on immune cells and are much less prevalent in the brain than CB1 cells. Inflammation is considered by many to be the root of almost every major disease, and helping to reduce its effects could help to attenuate the impact of many conditions.



## How to take it?

We find it easiest to drip the drops directly on or under the tongue in order for it to be taken up properly by the body. If you do this in front of a mirror it is easier to count the drops. Hold it in your mouth for about a minute. By moving the oil around your mouth, your body readily absorbs it through the membranes and glands. This speeds up the uptake. The rest happens through the intestinal tract, and is somewhat delayed. Not everyone likes the taste of the oil, and drinking some water or juice afterwards is fine. If necessary, the oil can be put on a teaspoon of coconut oil or honey to soften the taste. We recommend waiting to eat for about half an hour after CBD oil intake.



## Dosage

To start out, we recommend taking a single drop. After that, it's common to take several drops a few times during the day. The highest CBD blood values are after 2-3

hours but is also dependent on personal factors including but not limited to sensitivity and metabolism. This information can be used as a guideline allowing you to discover which dosage suits your needs best according to your personal preference and schedule. An example would be, if you find your symptoms to be more severe in the morning then you would increase your dosage in the morning. There is a difference between taking two drops three times daily, or taking three drops twice daily. The oil is particularly suitable for these kinds of experiments, because of the harmless nature of the product, **and the zero chance of overdosing.** There is no limitation to the amount of drops you can take, although little can be expected of a single drop a day, and thirty drops can be extremely unnecessary.

The primary goal is to build up and maintain your optimal dosage. This is the amount of cannabinoids that are active in the body at any given time and the corresponding level at which they are effective in treating the condition. Sometimes a certain 'activation-dose' needs to be taken, after which it's a matter of staying in the zone. Looking for this tipping point is essential in succeeding with the "experiment" which is to find your ideal dosage. To get there, the dosage can be increased with one single drop at a time.

We do advise to have patience. CBD oil is not like conventional medication where you will feel the effect after 30 min. It can take between 1 day and 2 weeks to reach the optimal effect of CBD oil.

