

Advertising Feature

Rethink CBD

Odourless and Tasteless

MOST people know something about CBD oil and how to take it - but not everybody likes the taste. We made an alternative... CBD Powder Capsules.

In this article we explain how you can benefit from rethinking your CBD setup by trading your conventional oil for the new, improved CBD powder.

What is CBD powder?

To cut a long story short, CBD powder is nothing more than your familiar CBD oil in powder form.

This groundbreaking patented water-soluble CBD powder has a particle size of 89.11 micrometres. The way it is produced, by encapsulating the CBD into the carrier, gives it its versatility and adaptation possibilities. This means that you have a 100 per cent natural, non-genetically modified CBD product with up to five times bioavailability.

As a result, CBD powder works better

and faster than the conventional CBD oil in tinctures. And not only does it work better, it also has no taste and no smell!

Is CBD Powder safe?

Yes. Provided that you buy your product from a trusted company. The Real CBD is the only company on the coast that provides this hugely versatile product. All our CBD oils and powder are quality-tested in a third-party GMP laboratory.

CBD powder capsules versus CBD oil

To make life easy, which we love doing at The Real CBD, we have listed all the major differences between CBD Powder (Capsules) and CBD Oil.

• CBD powder offers a better effect!

Powder offers 5x bioavailability to conventional CBD oil. This means you need less for better results.

• Powder is tasteless and odourless!

You don't enjoy the taste or smell of

CBD Powder? No worries! Never again you have to experience the taste of CBD with our water-soluble capsules.

• Hugely versatile!

Easy to carry, easy to take. Even on the road!

• Mixes in to any drink!

It can be added directly into liquids, included in your morning shake! The only thing the CBD Powder will not dissolve in is oil and oil-based products. That does not mean you can't put it in your salad oil, it just means that it will not dissolve and you will see the powder 'floating' around. It is perfectly safe to use in anything oil based, but might appear milky.

• Perfect for pets!

Administering CBD to your furry friends was never easier.



CBD POWDER: Will make your life easier.

• Perfect for fussy eaters

Mixing CBD in your food will go unnoticed. Remember, CBD Powder is tasteless and odourless!

• Perfect for children!

Low-stress mealtimes assured.

• With or without THC!

We told you it was versatile!

• Cheaper than CBD oil!

This means you pay less for better results! (5x bioavailability).

CBD Powder provides nearly endless possibilities and various dosage forms. Visit our website www.therealcdb.com to learn more about this groundbreaking new product. Or ask your questions directly to our certified experts. Our aim is always to help you discover your ideal CBD setup!

The effects of the pandemic on your skin

THE coronavirus pandemic has changed our lives and its effects on our health are significant, not only psychologically, but also physically, including making skin look dull, old or puffy.

This can be put down to the lack of sunshine or using masks, but also, more surprisingly, to the lack of social interaction which in turn reduces the production of oxytocin, known as the happiness hormone.

This hormone, according to a study by www.nivea.es, travels to cells in the body, including skin cells, and improves its appearance. Oxytocin contributes to daily wellness by reducing stress, bringing down blood pressure, regenerating muscle, increasing affectivity and strengthening social ties. The recipients of oxytocin are in the skin and this means that hugs and physical contact with loved ones is directly related with a higher level of oxytocin in the blood. It can also reduce swelling and skin sensitivity.

In Spain, due to the pandemic, human contact has fallen by 71 per cent and we are producing less oxytocin, which in turn has an effect on our health and wellness.

Lack of oxytocin can cause skin ailments such as eczema and psoriasis, as cells are more vulnerable to inflammation. The pandemic has affected people

with sensitive skin and has also made skin look older because of the lack of oxytocin.

Using masks has made acne worse for many people due to the constant friction which causes irritation and prevents the skin from breathing properly, with sweat and humidity from breathing accumulating and causing the problem.

Both contributing factors, masks and lack of oxytocin, cause dead cells to build up and obstruct pores, making the skin duller and tired looking.

Now is the time to find an ideal skincare routine and take care of your skin to get it looking at its best again.

Reap the benefits of avocados

WE live in a lovely warm climate, which has also become home to one of nature's healthiest fruits: the avocado.

Avocados are rich in nutrients and a great source of vitamins: C, E, K, and B-6, as well as magnesium, and potassium, they also have beta-carotene and omega-3 fatty acids.

The beneficial fats help to keep you full and calm your appetite.

Avocados contribute to healthy skin, better heart condition and sight, good bone health, lowering the risk of depression, improve digestion, help to detox and have numerous other benefits. Enjoy them in salads, smoothies, shakes or on toast and begin to reap the benefits.

Aloe Vera for skincare

ALOE VERA is one of the most famous plants used in the world of cosmetics, because it is a great ally for the skin and for health in general.

It is a plant full of enzymes, amino acids and antioxidants that throughout history has been used for thousands of treatments.

The properties of aloe vera have been known for centuries, in fact, it is believed that it was included in

the beauty rituals of Egyptian queens such as Cleopatra or Nefertiti.

In Ancient Egypt, it was called 'the plant of immortality' and other later cultures have continued to use it and given it their own names.

For the Sumerians it was a 'magical virtue,' for the Templars 'the elixir of Jerusalem' and for the Arabs 'the eternal fountain of youth.' Even Christopher Columbus carried pots with aloe vera on his ships to heal the wounds of the crew.

In 1970 a pharmacist named Bill Coats managed to stabilise the gel extracted from the leaf, added vitamin C, vitamin E and sorbitol, and began to market and popularise it.

Spain has been producing aloe vera for years, first in the Canary Islands but little

by little it has spread elsewhere, such as Andalusia and Levante.

Although there are 250 varieties of aloe vera, only two have medicinal properties: Aloe barbadensis miller and Aloe arborescens.

The main properties of aloe vera that make it popular in skincare products are: skin hydration, thanks to its 99 per cent water content; elasticity, helping to lessen wrinkles and expression lines; healing damaged tissue without leaving scars; antioxidant and can also be used to calm sunburn; anti-inflammatory, helps with skin ailments and insect bites and stings; antibacterial and antiseptic properties, make it good for acne; and finally, it is used as a corrector to do away with skin blemishes and stretch marks.



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