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## Frequently Asked Questions About Hemp

It seems like hemp products are everywhere you look these days. If your practitioner recommends you consider adding hemp to your regimen, how do you know the difference between hemp oil, hemp seed oil, CBD oil, and the other options on the market? This guide is designed to help you understand the differences among the products, the benefits to taking hemp, and the best delivery format for your individual goals.

### Q. What is the difference between full-spectrum hemp oil and hemp seed oil?

A. Full-spectrum hemp oil is extracted from aerial plant parts (stalk, stems, seed, and flower) of the hemp plant and contains beneficial **phytocannabinoids** and **terpenes**. Hemp seed oil is extracted only from the seeds of hemp and is mainly used as a source of dietary oil. The levels of phytocannabinoids in hemp seed oil are very low and therefore do not promote the same kind of benefits as full-spectrum hemp oil.

**Phytocannabinoids** are naturally occurring plant-based bioactive compounds that can support and influence the body's endocannabinoid system (ECS). The ECS influences and helps regulate many physiological functions in our bodies, including a healthy stress response, the immune response, food intake and appetite regulation, and neurological health.<sup>1</sup> More than 80 different phytocannabinoids have been identified in different cannabis species (hemp and marijuana subspecies), including cannabidiol (CBD).

**Terpenes** are a group of compounds naturally present in all plants and spices including pepper, cloves, and cinnamon and contribute to their flavor and scent. These molecules carry a wide array of therapeutic properties.<sup>2</sup> Terpenes work together with phytocannabinoids to enhance the overall benefit of hemp oil.<sup>2,3</sup>

### Q. What is the difference between full-spectrum hemp oil and CBD isolate?

A. CBD oil products are made with a pure isolated concentration of CBD that does not contain other phytocannabinoids. While CBD is highly potent and effective, many of the other compounds and essential fatty acids found in the hemp plant also provide therapeutic benefits. In fact, a whole-plant, full-spectrum hemp extract contains various phytocannabinoids and terpenes that work synergistically to provide many health benefits compared to CBD alone.<sup>4</sup>

### Q. What is full-spectrum hemp extract?

A. Full-spectrum hemp extract contains a wide range of beneficial phytocannabinoids as well as terpenes and other plant compounds. When the various elements of full-spectrum hemp extract are combined, their benefit is greater than what you would receive from each individual component.<sup>3</sup>

## Q. What is the difference between hemp and marijuana?

A. Industrial hemp and “marijuana” are two separate classifications of the Cannabis plant. Under federal law via the 2018 US Farm Bill, industrial hemp contains no more than 0.3% tetrahydrocannabinol (THC) while Cannabis plants above 0.3% THC are classified as “marijuana.”<sup>3</sup>

## Q. Can hemp oil get me “high”?

A. The psychotropic activity of marijuana is uniquely due to activation of receptors in the body by THC.<sup>5</sup> Hemp oil consists of phytocannabinoids and terpenes that are nonpsychoactive, and it does not result in feelings of euphoria and will not get you “high.”

## Q. How much hemp oil should I take?

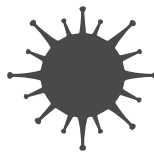
A. There are no dosage studies yet on hemp oil, and potencies can vary based on extraction methods. Other factors, including body weight, age, and metabolism, can also alter support, but note that whole-plant extracts have been used to support health in many ways, even in low doses.<sup>6</sup> Your practitioner will likely have you start with a low dosage to allow your body to get accustomed. Once desired support levels have been achieved, the dosage should no longer be increased.

## Benefits of phytocannabinoids & terpenes



### Stress response

May help support a healthy stress response by modulating key neurotransmitter pathways.



### Immune health

May support immune response via modulation of biochemical pathways linked to the immune system.



### Neurological health

Suggested by preclinical data to support neurological health by acting on diverse central nervous system pathways.

## Q. What are the benefits of taking hemp oil?

A. Hemp oil, particularly organic, full-spectrum hemp extract sourced from aerial plant parts (stalk, stems, seeds, and flower), consists of naturally occurring phytocannabinoids and terpenes, which have been shown to support body function and general health.

Other benefits include the following:

- Phytocannabinoids may help support a healthy stress response and neurological health
- Phytocannabinoids may play a role in supporting digestive system health and intestinal integrity
- Phytocannabinoids may support central nervous system pathways
- Phytocannabinoids have been shown to display antioxidant properties and may support immune response

### References:

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