

Relyf<sup>TM</sup>

CBD 101



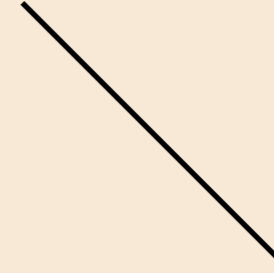
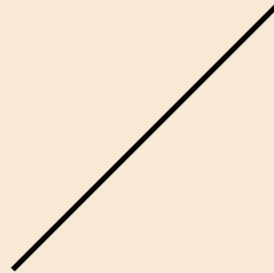


# What is CBD?

- CBD stands for Cannabidiol
- CBD can be taken in tincture form, in capsules, applied topically and more
- CBD works in conjunction with the Endocannabinoid System (more on that later)
- CBD is extracted from the Hemp Plant



**Cannabis**



**Marijuana**

**High THC, Low CBD  
Intoxicating**



**Hemp**

**High CBD, Low THC  
Non-Intoxicating**

# Legalities of CBD

- Farm Bill 2018 legalized the growing of hemp for the production of CBD
- State by State legislature: While many states allow the sales of CBD products, restrictions remain in place for adding CBD to food or beverage.
- Hemp vs. Marijuana: Hemp is the same genus, cannabis, as marijuana, but the genetics and growth maintain low levels of THC under 0.3%. Once a hemp plant goes over 0.3% THC it is considered marijuana by law

# How CBD Works

- Works within the Endocannabinoid system
- CBD Creates balance by treating the system instead of the symptom
- CBD has any many molecular pathways
- For example: CBD inadvertently increases Anandamide which is known as the "bliss molecule" and responsible for the feeling of euphoria when you engage in exercise or the "exercise high." CBD prevents the breakdown of this important molecule, leading to higher levels in the body. This is just one of the many ways CBD works within the body.

# CANNABINOID RECEPTORS

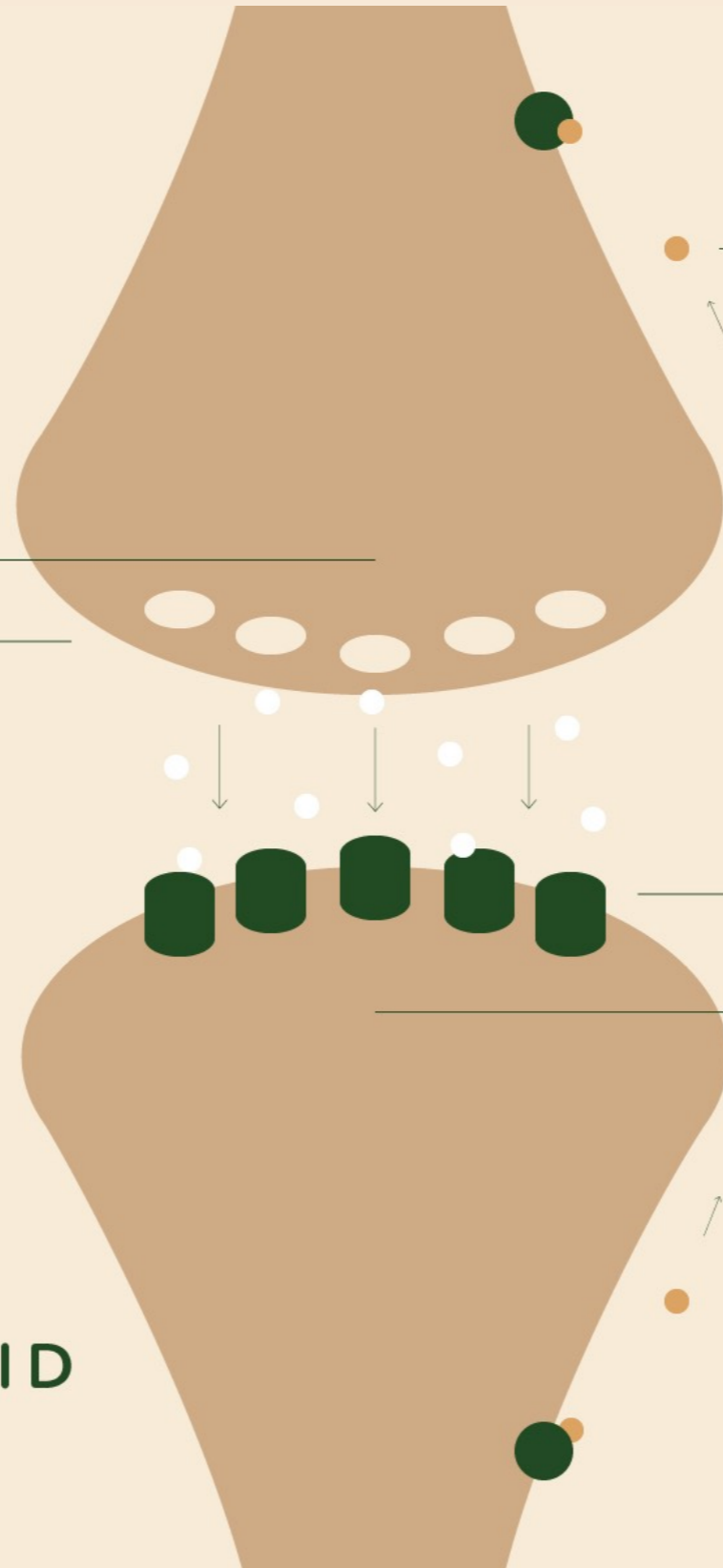


pre-synaptic  
*(sending the neuron)*

neurotransmitters

The endocannabinoid system is formed by both cannabinoid receptors and endocannabinoids that interact in the same way as a lock and its key.

# ENDOCANNABINOID SYSTEM



Neurons tell your body to send endocannabinoids. The effect is that you treat the system and not the symptoms. This is more impactful for creating a healthy body.

receptors

post-synaptic  
*(receiving the neuron)*

# ENDOCANNABINOID



Relify<sup>TM</sup> 

Administration, Duration,  
and Bioavailability of CBD

	<b>Pulmonary</b> (smoking, vaping, dabbing)	<b>GI</b> (edibles, capsules, beverages)	<b>Transmucosal</b> (nasal/oral tinctures, oils)	<b>Suppository</b> (rectal/vaginal capsules, oils)	<b>Transdermal/ transcutaneous</b> (topical lotions, salves, creams)
<b>Onset (min.)</b>	3-10	90-100	15-45	10-15	30-120
<b>Duration (hr.)</b>	2-4	6-8	1-2,6-8	2-8	1-8
<b>Bioavailability (BA)</b>	25-30%	10-20%	20-30%	13-40%	Variable

Rates & BA are slightly variable across different cannabinoids; the above rates and BA are based on the pharmacokinetic study of THC; bioavailability of CBD, other cannabinoids and terpenes not well studied.



# How to Take CBD

- Dosing is individualized
- **Relyf DNA** is the most accurate way to find specific dosing for your body.  
<https://relyfhealth.com/collections/relyf-kit>
- **Start low and go slow.** Outside of taking a Relyf DNA kit, we suggest starting with .25mL per day and adding .25mL every couple days until finding the desired effect.
- Find your sweet spot. Remember, more is not better when taking CBD. Finding the right amount can take time but will work more effectively in the long run.
- Benefits of tinctures/sublingual: Taking CBD sublingually (under the tongue) and holding for 2 minutes helps to absorb the CBD into the capillaries under the tongue for faster delivery.

# Relyf™

## HOW TO TAKE CBD OIL UNDER THE TONGUE.



## STEP BY STEP GUIDE

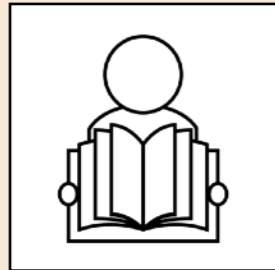
- 1** It's best not to drink, eat or smoke approximately 5 minutes before and after using CBD.
- 2** Stand in front of the mirror to see where to place the drops under your tongue.
- 3** Following the image, place your personal dose under your tongue.
- 4** Let it sit there for at least :45 seconds\*
- 5** After :45 seconds swallow what is left of the CBD oil

\*Many customers wait up to two minutes for full effect



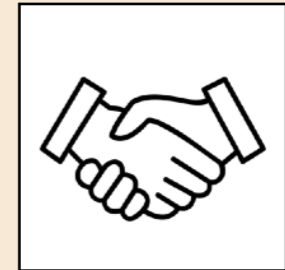
# Precautions

- Know your source! Currently CBD is in an unregulated market which means there are no standards. Some “CBD” products found on the shelf simply do not even contain CBD. This is why we take additional steps at Relyf to provide the lab results of each and every batch.
- Drug Testing: a full spectrum CBD product does contain very small amounts of THC which can produce a positive drug test for metabolites of THC. If this is a concern, try a THC-Free CBD Oil Tincture.
- Medications: CBD can interact with certain medications. It is best to speak with your prescribing doctor before taking CBD.
- Talk to your healthcare practitioner! Do not be afraid to advocate for yourself and even to help educate your practitioner on the use of CBD by referring them to our CME approved, doctor-specific education modules.

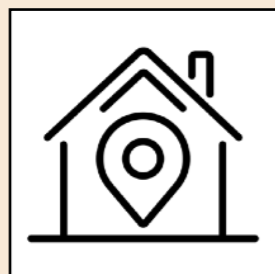


We are an educational health brand

Believe in helping others



# Who is Relyf<sup>TM</sup>?



Local service, nationwide reach

Holistic approach to health





# About Our Products

- Traceable: We know the location of each and every batch of CBD oil we produce.
- Pioneering Extraction Methods: CO2 sub critical and supercritical extraction methods lead to an environmentally-friendly, effective and great tasting product.
- Double 3rd-Party Testing during and after production by a third party lab (Proverde). Then every batch of is tested after being bottled to ensure quality.
- Minimal Ingredients for Maximum Effectiveness

# Interested in Learning More?

Free 15-minute consultation for CBD 101

866-MY-RELYF