

# Cool Mint CBD+CBN PM Blend

Cold Pressed Full Spectrum CBN Tincture 600mg  
Promoting Better Quality Sleep, Helping People Fall Asleep & Stay Asleep



## CBD and the EndoCannabinoid System:

Cannabinoids influence the body's endocannabinoid system, a complex network of receptors that regulate multiple homeostasis activities, including balancing the sleep/wake cycle. Available data indicate that the endocannabinoid system (ECS) maintains and promotes the sleep state through agonist activity of endocannabinoids on CB1 and CB2 receptors.<sup>1</sup> CB1 receptors located in the pons and basal forebrain may be involved in sleep induction through the interplay and activation of cholinergic neurons.<sup>2</sup>

Exogenous administration of cannabinoids, including two of the most prominent cannabinoids, cannabidiol (CBD) and cannabiol (CBN), has been shown to promote aspects of sleep architecture and the wake/sleep cycle.<sup>3</sup> Cannabidiol (CBD) and cannabiol (CBN) serve as ligands in the activation of CB1 and CB2 receptors, with evidence supporting their sleep-promoting properties.<sup>3,4,5</sup>

## CBN:



The first cannabinoid to be isolated and purified from cannabis, cannabiol (CBN) is formed during the degradation of tetrahydrocannabinol (THC) by exposure to heat, air, or light. CBN is an agonist for CB1 and CB2 receptors, with a stronger affinity for the CB2 type. CBN has significant sedative and other pharmacological activities and is considered to be the most sedating cannabinoid, promoting better sleep onset, duration, and quality and ameliorating sleeplessness.<sup>4,5</sup>

## CBD & Terpenes:

Preliminary research into cannabis and insomnia suggests that cannabidiol (CBD) may have therapeutic potential for treating insomnia.<sup>6</sup> Along with CBD, terpenes and combination formulas appear to provide sleep-supportive effects in patients with disrupted sleep patterns. The terpene  $\beta$ -myrcene induces sedative effects mechanistically through the gamma-aminobutyric acid (GABA) system.<sup>7</sup> The terpenes pinene and linalool act as positive modulators of synaptic and extra-synaptic GABAA receptors, further highlighting a role for terpenes in sleep promotion and the benefits of the entourage effect.<sup>8</sup> In a study examining the effects of a mixed cannabinoid formula, subjects reported improvements in sleep onset latency, wakefulness after sleep onset, total sleep time, and sleep quality.<sup>3</sup>

## Full Spectrum CBN Tincture - PM Blend Overview

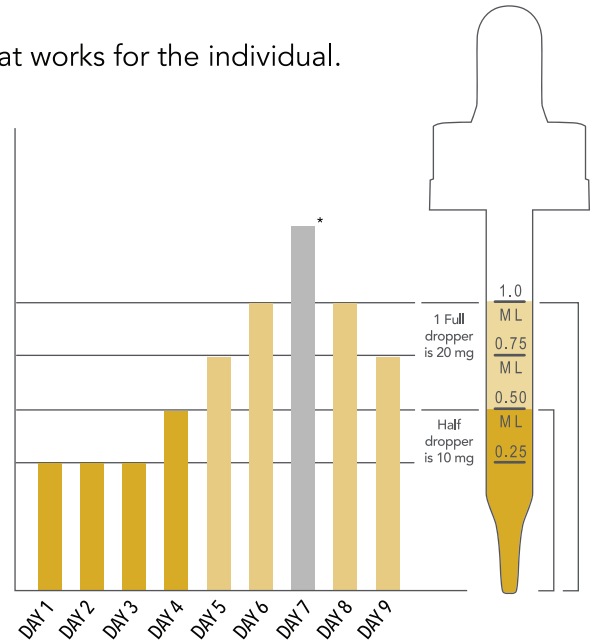
Full Spectrum CBN Tincture features our Ananda Professional Full Spectrum Hemp Extract plus CBN in a tincture form for convenient dosing and titration. Full Spectrum CBN Tincture is formulated in a cold-pressed hemp oil and MCT oil base and features a botanically derived terpene blend.

## Suggested Use:

Since CBD is metabolized differently, tincture dosing is based on what works for the individual.

- Use dropper and place under the tongue. Hold in mouth up to one minute and swallow for most direct absorption.
- To find what dose works best for your patient, start with the smallest amount initially
- Start with 1/4 of a dropperful in the evening, one hour before bedtime for the first 3 nights and have your patient monitor how they feel at this dose.
- Increase the amount per dose as needed until your patient experiences the desired effect.

\*Careful: higher doses may produce diminishing returns. Go back to the last amount that worked.



**Ingredients:** Cold-Pressed Hemp Seed Oil, MCT Oil, Ananda Professional Full Spectrum Hemp Extract + CBN, Botanically Derived Terpene Blend

**Mint:** MCT Oil, Ananda Professional Full Spectrum Hemp Extract + CBN, Natural and/or Artificial Flavors.

Contains <0.3% THC.

This information is provided as a medical and scientific educational resource for the use of physicians and other licensed health-care practitioners ("Practitioners"). This information is intended for Practitioners to use as a basis for determining whether to recommend these products to their patients. All recommendations regarding protocols, dosing, prescribing, and/or usage instructions should be tailored to the individual needs of the patient considering their medical history and concomitant therapies. This information is not intended for use by consumers.

<sup>1</sup> Murillo-Rodríguez E. The role of the CB1 receptor in the regulation of sleep. *Prog Neuropsychopharmacol Biol Psychiatry*. 2008;32(6):1420-1427. doi:10.1016/j.pnpbp.2008.04.008

<sup>2</sup> Kaul M, Zee PC, Sahni AS. Effects of Cannabinoids on Sleep and their Therapeutic Potential for Sleep Disorders. *Neurotherapeutics*. 2021;18(1):217-227. doi:10.1007/s13311-021-01013-w

<sup>3</sup> Walsh JH, Maddison KJ, Rankin T, et al. Treating insomnia symptoms with medicinal cannabis: a randomized, crossover trial of the efficacy of a cannabinoid medicine compared with placebo. *Sleep*. 2021;44(11):zsab149. doi:10.1093/sleep/zsab149

<sup>4</sup> Hazekamp A, Díez ML, Lubbe A, Ruhaak RL. Chemistry of Cannabis. In: Fieschedick JT, ed. *Chemistry, Molecular Sciences and Chemical Engineering Comprehensive Natural Products II*. Vol 3. Elsevier; :1033-1084

<sup>5</sup> Kaufmann R. Use of a water-soluble form of cannabiniol for the treatment of sleeplessness. *Int J Complement Alt Med*. 2021;14(4):186-190. DOI: 10.15406/ijcam.2021.14.00558

<sup>6</sup> Babson KA, Sottile J, Morabito D. Cannabis, Cannabinoids, and Sleep: a Review of the Literature. *Curr Psychiatry Rep*. 2017;19(4):23. doi:10.1007/s11920-017-0775-9

<sup>7</sup> Surendran S, Qassadi F, Surendran G, Lilley D, Heinrich M. Myrcene-What Are the Potential Health Benefits of This Flavouring and Aroma Agent?. *Front Nutr*. 2021;8:699666. Published 2021 Jul 19. doi:10.3389/fnut.2021.699666

<sup>8</sup> Weston-Green K, Clunas H, Jimenez Naranjo C. A Review of the Potential Use of Pinene and Linalool as Terpene-Based Medicines for Brain Health: Discovering Novel Therapeutics in the Flavours and Fragrances of Cannabis. *Front Psychiatry*. 2021;12:583211. Published 2021 Aug 26. doi:10.3389/fpsy.2021.583211

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