



LabNaturals
CBD

Susan Merenstein • RPh/Owner, Holistic Clinical Pharmacist

LabNaturals CBD Products for People and Pets • www.LabNaturalsCBD.com

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Pharmacist Approved and Owned, Susan Merenstein, RPh

LabNaturals Broad Spectrum CBD Hemp Oil

Preferred CBD Brand of Physicians and Veterinarians

What is it?

Our CBD oil is “phytocannabinoid-rich” and contains CBD and other cannabinoids. CBD stands for “Cannabidiol” (Canna-Bi-Diol). It is a naturally occurring compound and is the most prominent cannabinoid besides THC, but without the psychotropic effects.*

Where does it come from?

The terminology may be confusing: Cannabis, Marijuana, Hemp? CBD is made naturally by the Cannabis plant either from the marijuana plant or the hemp plant. Our CBD comes from industrially grown hemp organically farmed in accordance with Industrial Hemp Regulations. Hemp is grown for paper, rope, and building materials. According to Patrick K. Nightingale Esq. of PK Law, Cannabis Solutions, and Executive Director of Pittsburgh NORMAL, Cannabidiol (CBD) is NOT scheduled under PA’s controlled substances act. Police and prosecutors do not consider CBD extracted from industrial hemp to be controlled in PA.*

Why do I need it?

Everyone is built with an internal **Endocannabinoid system** that thrives on similar compounds your body makes like 2-AG and Anandamide. **Taking CBD supplements help to replenish, promote, and balance your natural internal Endocannabinoid system.*** **Balancing the Endocannabinoid system may take 3 to 6 months of consistent CBD use. After 48 hours the body clears all CBD from its system so it must be taken daily for continuous effect.***

Will it get me high?

No. Only Cannabis that contains THC will make users “high” or intoxicated. **CBD has zero psychotropic or “high” effects.** This means it may be safer to take CBD and drive, look after children, or go to work than Medical Marijuana. CBD may be a better choice for the elderly and children than THC containing products.*

What will it do to me?

Amount of body fat, duration and severity of condition, GI/Liver function, individual biochemical makeup, and Endocannabinoid balance will affect any potential outcome. **Everyone will respond differently because of differences in their internal Endocannabinoid system.** For many people it may decrease anxiety, it may provide pain relief, and it may help improve sleep and wellbeing.*

Buyer Beware • 3 Things to Check Before You Buy CBD:

- 1. Extraction Methods** - LabNaturals CBD products are CO2 extracted which is safer than using Ammonia or Ethanol which can leave toxic chemical residues.
- 2. Source of the CBD** - Marijuana derived CBD may contain THC. Imported Hemp has potential contaminants. LabNaturalsCBD products contain no pesticides, heavy metals, or solvents, and is THC-FREE.
- 3. Independent Lab Testing** - Without testing, there is no way to ensure quality and consistency or that a product is correctly labeled and does not contain toxic chemicals and residues. We send our unfinished and finished product to Green Scientific Labs.

*Statements about this product have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult your physician when changing any recommended treatments or medication dosages.

†Pacher, P. and Kunos, G. “Modulating the endocannabinoid system in human health and disease: successes and failures” ; FEBS J. 2013 May; 280(9): 1918-1943. Published online 2013 Apr 22. doi: 10.1111/febs.12260; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3684164/#>

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mgs, mLs, 600, 1200, 3000 what does it all mean?

- **mg** stands for **milligrams** - The **unit of weight** of CBD per bottle.
- **mL** stands for **milliliter** - The **unit of volume** of liquid per bottle.
- **mg/mL** = Concentration. How much CBD (**weight**) is in how much liquid (**volume**)?
The number next to "mg" on the bottle is a total amount of CBD (by weight) in that bottle.

Each serving is based on that bottle's concentration. For example:

600mg in 30mL -> Each 1mL contains 20mg of CBD.

1200mg in 30mL -> Each 1mL contains 40mg of CBD.

3000mg in 30mL -> Each 1mL contains 100mg of CBD.

LabNaturals CBD Plant Oil Products:

- **CBD Broad Spectrum Plant Oils** - Light, oily liquids that are to be delivered orally by a calibrated dropper and come in a variety of concentrations. Place serving under the tongue, hold for 2-3 minutes for enhanced absorption, and swallow. Available in 600mg, 1200mg, and 3000mg strengths per 1 oz. bottle
- **CBD Water Soluble Softgels** - Small, water-soluble CBD capsules that can be taken orally and may provide enhanced absorption for pain management, anxiety, and inflammation. Available in 10mg or 25mg strengths
- **CBD Pain Balms** - A smooth and spreadable balm applied topically to painful areas like arthritic joints and painful damaged nerve areas. Massage in well as often as needed. Heat the area for a few minutes first for enhanced absorption. 1000mg per 50g Jar
- **CBD for Pets** - Oral pet oils are great on animal treats for our furry friends! May help with arthritis, pain, and anxiety. Light, oily liquids that are to be delivered orally. Available in 250mg per 1oz. bottle. Serving size is based on weight.

General Serving Guidelines: *Start LOW & Go SLOW!*

Everyone is different and everyone's internal balance system (Homeostasis) is different. Some people are slightly "out of balance" and other people are very much "out of balance." Some people are very sensitive to substances and others are less responsive. There is no clinical dose, no formula, and no test to determine how much CBD you need. The good news is we have a great method to discover your "happy place" or "optimal serving." **We call this process "micro-servings."**

Less is more! By starting low and slowly increasing until you find your personal balance or homeostasis, you may get optimal benefits without wasting money on excess CBD. This usually takes about 3 days.

Please Note: The amount of body fat, duration and severity of condition, GI/Liver function, individual biochemical makeup, and endocannabinoid balance and tone may affect outcome.

Potential Minimal Side Effects: Dry mouth, low blood pressure, lightheadedness, potential feelings similar to dizziness and fatigue. - Source: <https://medlineplus.gov/druginfo/natural/1439.html>

Consult with the Pharmacist to consider drug interactions with CBD.

NOTE: Many people feel more mentally alert and focused using CBD so we suggest starting the initial serving in the AM for at least a week before adding a second PM serving.

***ATTENTION:** Some medications may interact or impact serving size. Please call 412-421-4996 or 412-586-4678 to speak to a Pharmacist about any medications you are taking or visit us at 4227A Murray Avenue.

Exercise caution in pregnant women or women who are breastfeeding. Please consult your physician before use.

For more information, independent lab results, and testimonials - please visit our website www.LabNaturalsCBD.com

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