



### What does full spectrum mean?

Full spectrum CBD is made from extracts that retain the natural chemical profile of the hemp plant. This is why it is sometimes referred to as a "whole-plant" CBD extract. This is because the cannabinoids, flavonoids and terpenes are retained during the extraction process. This means that the extract contains many essential vitamins, proteins, fatty acids and traces of THC. Full spectrum CBD is often used for therapeutic purposes because of the "entourage effect". The 'entourage effect' is when different compounds of the plant work together to increase physical well-being.

### What is Broad Spectrum?

In addition to pure CBD isolates and full spectrum oils, a third term is emerging: Broad spectrum oil. ... A broad spectrum product contains terpenes and other ingredients in addition to CBD. As with the CBD isolate, however, no traces of THC are found here. This is completely removed.

Broad spectrum extracts contain many phytochemicals that are found in hemp, but their original ratio has been adjusted. This includes the removal of THC, but sometimes a complete restructuring of the cannabinoid as well as terpene profile of the respective extract is necessary.

### What are isolates?

A so-called CBD isolate is a pure cannabidiol or the isolated form of CBD. It can either be extracted from the commercial hemp plant or produced artificially in the laboratory.

### What is the Entourage Effect?

The term Entourage Effect was first coined by Dr. Ben-Shabat in 1998. The concept was explained and expanded primarily by Dr Etahan Russo.

Research suggests that taking it together - along with other natural compounds in the cannabis plant known as terpenes or terpenoids - is more effective than taking CBD alone.

Important terpenes that occur naturally in hemp:

- Myrcene
- pinene
- limonene
- caryophyllene

The interaction between phytocannabinoids and terpenes is called the entourage effect.