

# 3

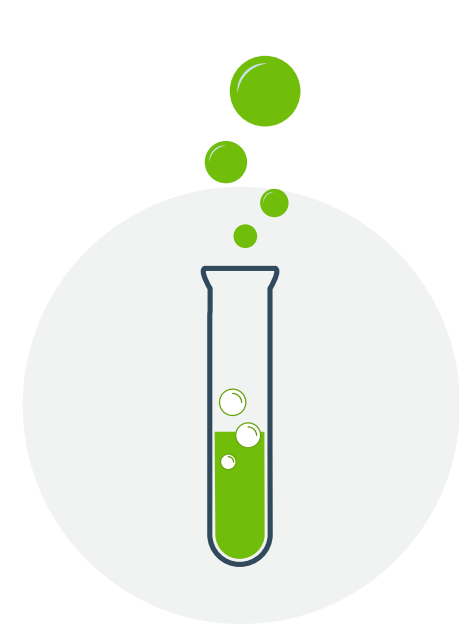
# EASY STEPS TO CHOOSE CBD OIL

## 1 | CHECK THE CONCENTRATION

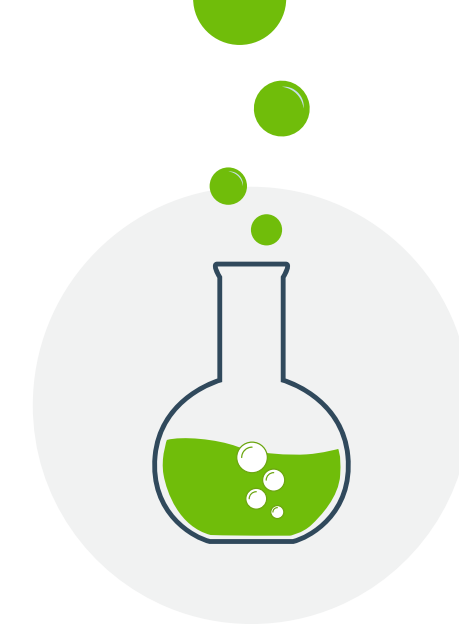
Everyone's endocannabinoid system is different, and your sensitivity to CBD will vary. For some, all they need is a low-concentrated oil that contains up to 500 mg per 1-ounce bottle. Others may not feel anything even at concentrations of more than 2,000 mg.

Therefore, to determine your sensitivity, start with 500 mg oil and then slowly increase your dosage until you find the concentration that makes you feel good.

The various concentrations of CBD in milligrams per 1-ounce bottle include:



**LOW**  
0-500MG



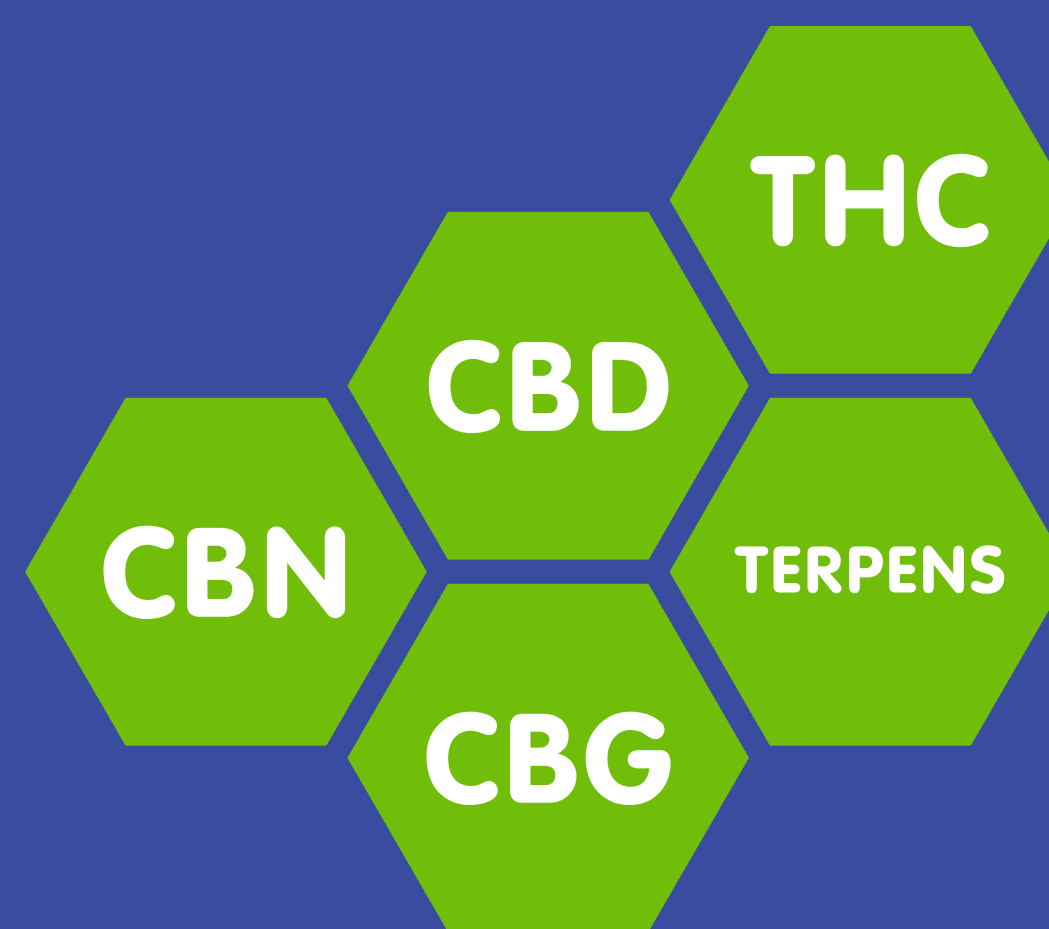
**MEDIUM**  
500-2000MG



**HIGH**  
2000MG  
OR MORE

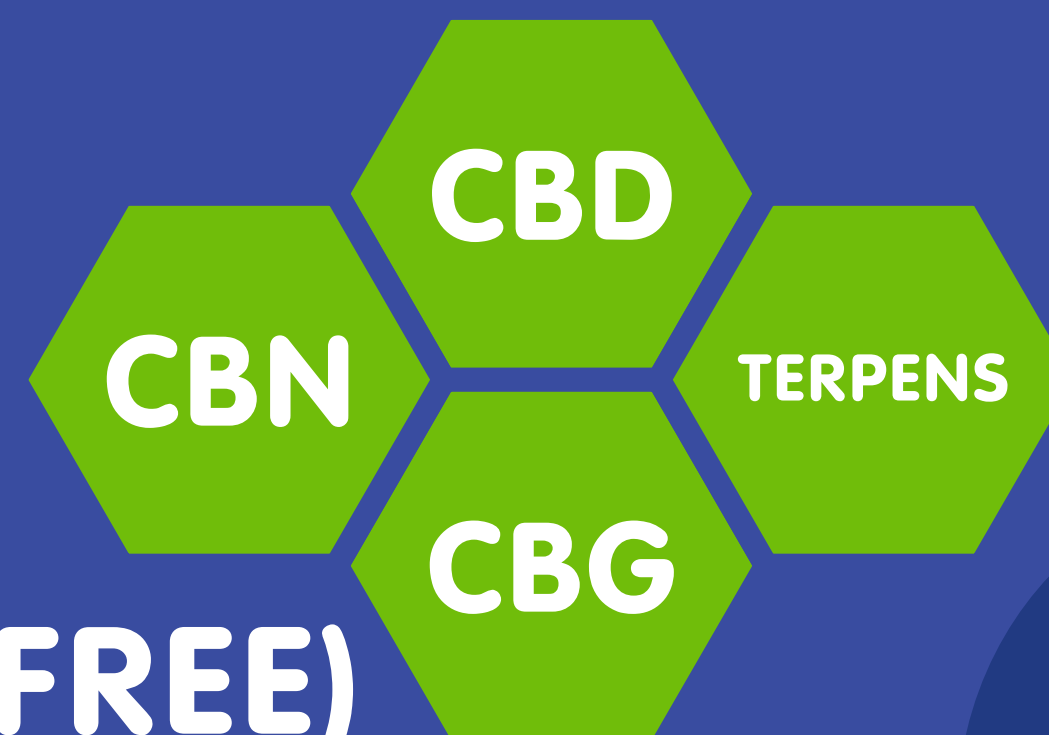


## 2 | CHOOSE THE SPECTRUM



### FULL-SPECTRUM (THC 0.3%)

a full profile of beneficial cannabinoids (CBN, CBC, CBG, etc.) and terpenes from the cannabis plant with trace amounts of THC, but not enough to get you "high."



### BROAD-SPECTRUM (THC FREE)

the middle ground option between isolate and full-spectrum CBD. It begins as a full-spectrum oil, with the full range of beneficial cannabinoids and terpenes, but it then goes through a refinement process to remove all THC compounds. Suitable for people who are required to take drug tests for work.



### ISOLATE (THC FREE)

a traditional extraction process removes all the active compounds from the cannabis plant, followed by a refinement process that strips away all other cannabinoids, including THC, and any plant matter. This leaves only the CBD compound in its purest form. Suitable for people who are required to take drug tests for work.

## 3 | FIND A TRUSTED BRAND

A brand that offers maximum benefits will have to go through a stringent process to earn them, so you'll be able to trust that brand. Of course, the more benefits, the more expensive the product. Here are some things to look for:



ISO Certification



USDA Organic Certification



U.S. Hemp Authority Certification



GMO-Free



Herbicides-Free



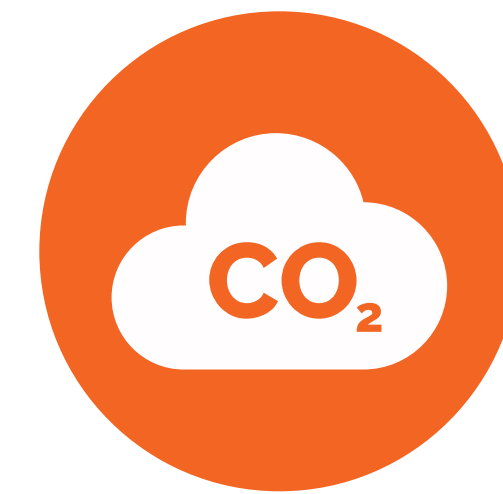
Pesticides-Free



Doesn't contain other harmful chemical compounds



Lab tests for all products that show the presence of CBD and other cannabinoids



Extraction Method - CO2 (the best extraction method)



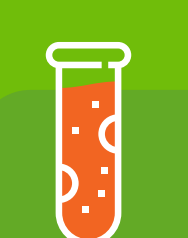
## NOW YOU KNOW HOW TO CHOOSE THE RIGHT CBD OIL!



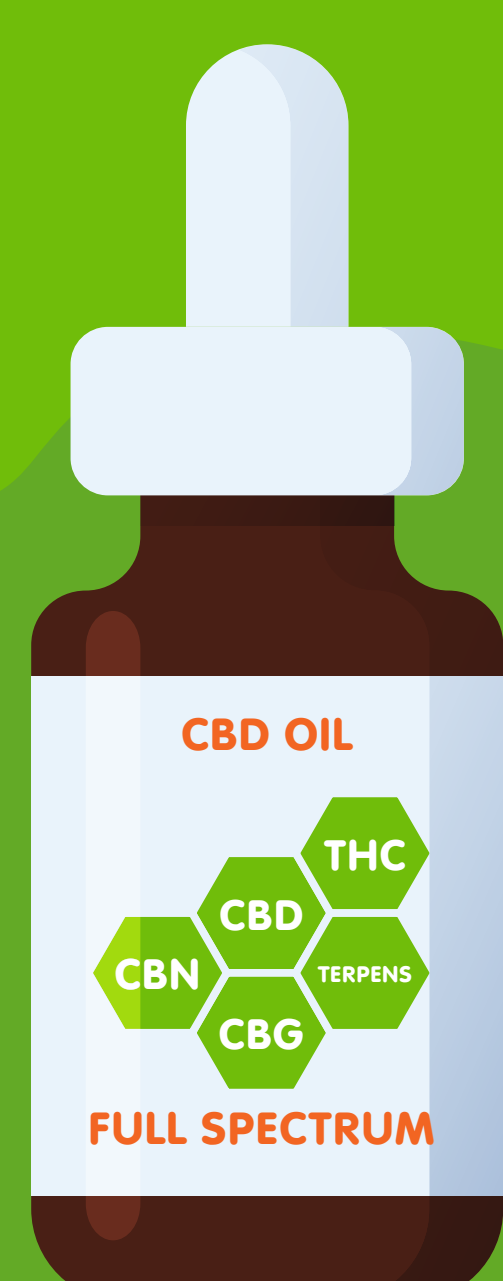
FOR NEWBIES



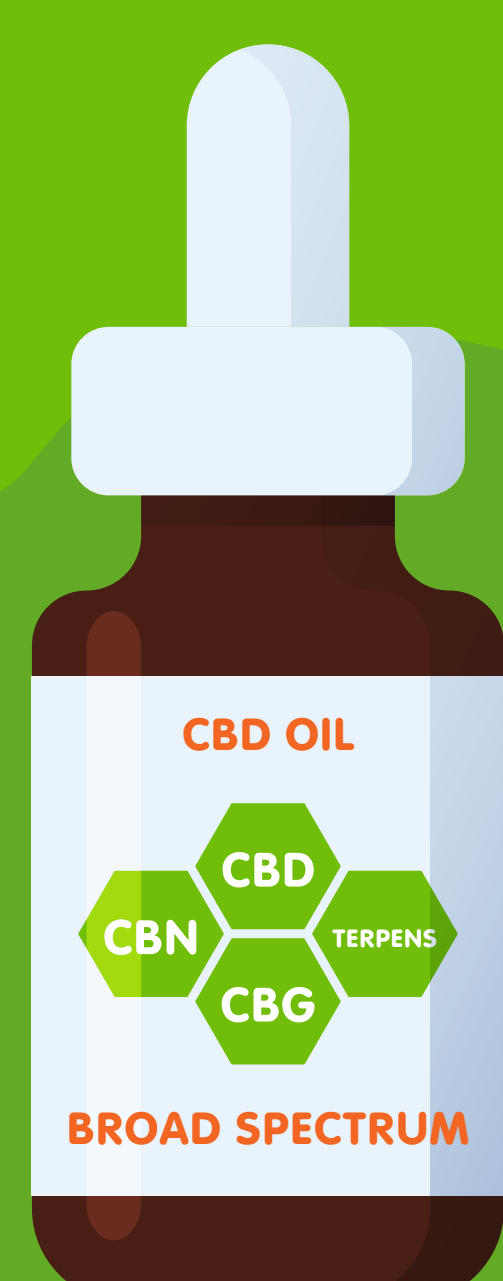
FOR REGULAR CONSUMERS



FOR CONSUMERS WHO WANT CBD WITHOUT THC



- ✓ Start with a concentration of up to 500 mg
- ✓ Pick between Full Spectrum or Broad Spectrum (if you want to avoid THC)
- ✓ Choose a brand with maximum benefits



- ✓ Find the concentration that makes you feel good
- ✓ Use either Full Spectrum or Broad Spectrum (if you want to avoid THC)
- ✓ Choose the brand with maximum benefits



- ✓ Use the concentration that makes you feel good.
- ✓ Choose Broad Spectrum or Isolate
- ✓ Choose the brand with maximum benefits

**BE HEALTHY AND HAPPY!**

Sincerely, CBD.market. Official dealer of the most trusted CBD brands in the U.S.



<https://cbd.market>