

# Yakima Chief Hemp

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## CBD FAQ

### What is CBD?

- CBD stands for Cannabidiol, one of 110+ cannabinoids found in hemp and cannabis plants.

### What are cannabinoids?

- Cannabinoids are the naturally occurring chemical compounds excreted from the cannabis plant's trichomes.
- CBD and THC are the two cannabinoids people are most familiar with.
- When consumed, cannabinoids attach to receptors in our Endocannabinoid System (ECS) system, producing physiological and sometimes psychoactive effects.

### Will CBD get you high?

- CBD does not have the same psychoactive effects as THC and is known only to support homeostasis.

### What are terpenes?

- Like hops, hemp and cannabis contain over 100 terpenes. Well-known terpenes include Myrcene, Pinene, Terpinolene, Linalool, and Limonene.
- Terpenes carry flavors and aromas that complement many beverages, including craft beer.
- In latest functional ingredient trends, consumers seek out terpenes for the physiological reactions and therapeutic effects. For example, Linalool, a component of lavender, is said to have calming and soothing qualities.

### What is the entourage effect?

- The entourage effect describes how cannabinoids, terpenes, and flavonoids in a cannabis plant interact with each other within the human body to be more effective than any of them acting alone.
- The entourage effect helps maximize the therapeutic effects of CBD by improving efficacy and tolerability.

### What is the Endocannabinoid System (ECS)? Why is it important?

- The ECS maintains and balances the body's systems such as the endocrine system, nervous system, reproductive system, and immune system.
- As a result, the ECS regulates physiological processes that affect our energy level, mood, and immunity, and how we experience stress and pain.
- Cannabinoids impact us physiologically and have psychoactive effects because of our ECS systems.

### What are the benefits of taking CBD?

- While much of the evidence of the benefits of CBD is anecdotal, studies have shown that CBD may help relieve pain, reduce inflammation, promote sleep, and reduce performance-related anxiety.
- Because everyone's ECS is different, a consumer's experience will vary regardless of the CBD dosage.

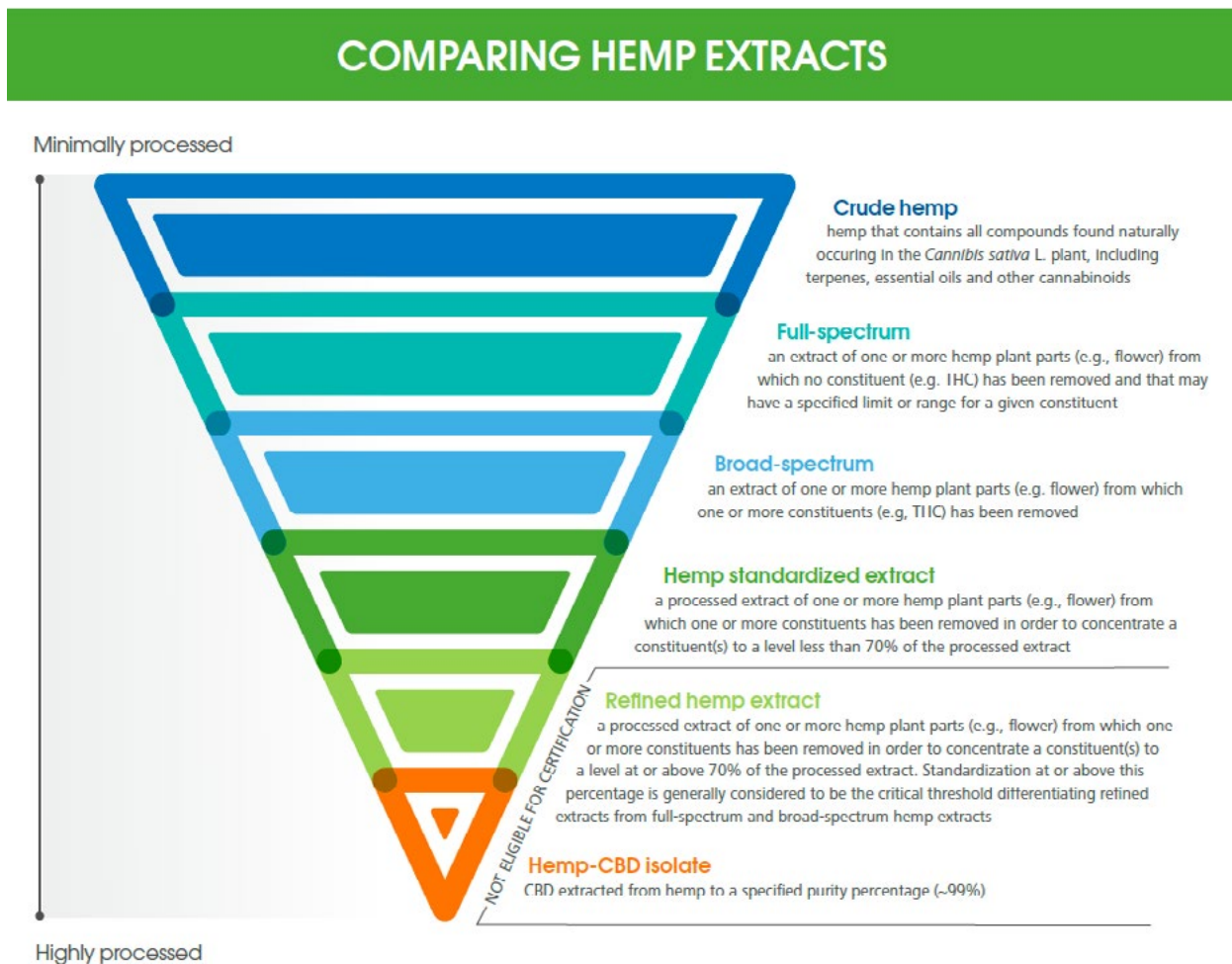
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### What is the difference between Full Spectrum, Broad Spectrum, and Isolate-based products?

- Full Spectrum extracts a full profile of beneficial cannabinoids and terpenes from the plant. Full Spectrum will have trace amounts of THC, but not enough to feel any psychoactive effects. A hemp-derived Full Spectrum CBD product must have less than 0.3% THC content.
- Broad Spectrum begins as a Full Spectrum oil with the full range of beneficial cannabinoids and terpenes. It then goes through a process of refinement that removes all THC compounds.
- Isolate refers to the process that isolates CBD from the rest of the plant's compounds including terpenes, other cannabinoids or waxes. This creates a product that tests as high as 99% pure CBD.



Source: NSF

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FULL SPECTRUM	BROAD SPECTRUM	CBD ISOLATE
Terpenes with CBD + THC	Terpenes + CBD	CBD only
Entourage effect	Entourage effect without THC	No entourage effect
Essential vitamins	Strong taste & smell	Pure form of CBD

### Is CBD legal? What's my risk?

- CBD currently sits in a gray area legally. While the Farm Bill of 2018 made it legal to grow, process, and transport hemp, the FDA has not granted CBD GRAS (Generally Recognized as Safe) status yet.
- The FDA does not currently view CBD as a food/beverage ingredient nor as a dietary supplement, however, there is no evidence that the FDA is currently forbidding CBD in foods.
- The FDA has sent warning letters to companies for products making false or inaccurate label claims (e.g., label says 30mg CBD, but only 5mg are found after testing).
- The FDA has sent warning letters for companies making unsubstantiated claims about the health benefits of CBD. There have not been any cases of the FDA sending warning letters to food or beverage companies asking them to remove CBD from their products.

### Can I put CBD in beer?

- Hemp Extract is not currently on the TTB approved ingredients list. All other ingredients in our emulsion are TTB approved except Hemp Extract.

### What is a typical dosage of CBD?

- Typical CBD beverages range between 10mg, 15mg, or 20mg, and some as high as 30mg of CBD.
- Depending on the dosing size, it can have an impact on the sensory profile.