

HAMMER CBD FAQs

QUESTION: How do I know what potency of Hammer CBD I should use?

ANSWER:

- We offer two potencies/strengths of Hammer CBD in **softgels**: 10 mg and 25 mg of Phytocannabinoid-Rich Hemp Oil.
- We offer three potencies/strengths of Hammer CBD in **oil-based tincture form**: 250 mg, 750 mg, and 1500 mg. One dropper (1 ml) of the 250 mg tincture supplies 8.33 mg of Phytocannabinoid-Rich Hemp Oil, one dropper (1 ml) of the 750 mg tincture supplies 25 mg of Phytocannabinoid-Rich Hemp Oil, and one dropper (1 ml) of the 1500 mg tincture supplies 50 mg of Phytocannabinoid-Rich Hemp Oil.
- We offer a 250 mg potency/strength of Hammer CBD in **water-soluble Hydro form**, with each dropper (1 ml) supplying 8.33 mg of Phytocannabinoid-Rich Hemp Oil.

These are the ranges that the overwhelming majority of people use to receive the desired benefits. That being said, a few variables need to be factored in to determine what dose would be best for you:

BODY WEIGHT — Smaller/lighter-weight people will find that a higher potency may not be needed; one 10 mg softgel OR one dropper of the 250 mg tincture OR one dropper of the 250 Hydro per day may be ideal. Larger/heavier people (roughly 160+ lbs., though that is not a "set in stone" figure) will most likely receive the desired benefits with a daily dose of 25-50 mg, either from one to two 25 mg softgels OR one dropper of the 750 mg tincture (25 mg) OR one dropper of the 1500 mg tincture (50 mg) per day.

CURRENT PHYSICAL STATUS/CONDITION — People dealing with chronic issues regarding aches/soreness/discomforts, poor sleep, or both, will find that a 25-50 mg daily dose will be best for them, via either one to two 25 mg softgels OR two droppers of Hydro (25 mg) OR one dropper of 750 mg tincture (25 mg) OR one dropper of 1500 mg tincture (50 mg)

If your physical status/condition is mild, one 10 mg softgel OR one dropper of 250 mg tincture OR one dropper of Hydro may be completely sufficient.

QUESTION: What are the benefits of your new product Broad Spectrum Hemp Oil? It's listed under Recovery; does it provide similar benefits to Recoverite & protein?

ANSWER: Hammer CBD is completely complementary with all of our supplements and fuels that support optimal recovery. Hammer CBD contains Phytocannabinoid-Rich Hemp Oil, which supplies powerful recovery-enhancing benefits, primarily via its antioxidant and ache/soreness-alleviating properties.

Hammer CBD is ideal to help reduce soreness and swelling, support the immune system [1] , and promote better-quality sleep—all of which enhance recovery. Though not among its main benefits, the whey protein used in Hammer Whey Protein and Recoverite has properties to help alleviate aches and soreness. Many of the amino acids that naturally occur in the protein component in these two products—as well as in Hammer Vegan Protein and Vegan Recoverite—play a role in supporting a strong immune system. [2-6]

QUESTION: When is the best time of day to take Hammer CBD?

ANSWER: It is perfectly acceptable to take Hammer CBD any time during the day; however, taking the product prior to bed may allow you to receive maximum benefits. This is because the body does the majority of its reparative and recuperative processes during sleep. Obtaining the best sleep possible is essential for maximizing recovery and for optimal health. Research has shown that the Phytocannabinoid-Rich Hemp Oil in Hammer CBD greatly enhances sleep quality and duration, which is absolutely essential for maximizing recovery from exercise and for optimal overall health. [7]

QUESTION: You mention that Hammer CBD in the softgels and Hydro is a “water soluble nano-emulsion form.” Why is this so important?

ANSWER: This unique micro-emulsification process greatly increases absorption rates. Most hemp oil products have no more than a 10% absorption rate. The water-soluble nano-emulsion form found in Hammer CBD increases absorption by up to 5 times.

QUESTION: Is there any kind of tolerance build-up?

ANSWER: There is NO tolerance build-up associated with the use of Hammer CBD. The benefits do not diminish with daily use.

QUESTION: Is it best to use Hammer CBD daily or only on occasion?

ANSWER: The full benefits of Hammer CBD are derived from daily use.

QUESTION: Is there any “high” associated with Hammer CBD?

ANSWER: Tetrahydrocannabinol (THC), the compound responsible for the “high,” is not present in Hammer CBD. In fact, Hammer CBD is guaranteed to be 100% THC-free.

QUESTION: I understand that one of the benefits of taking Hammer CBD is improved sleep. Can I take this product along with REM Caps?

ANSWER: Yes, both products may be taken together. First, remember that Hammer CBD is a daily use product, while REM Caps can be used either on a daily basis or as an occasional-use supplement. These two products are compatible because they act on different bodily functions.

The main component in REM Caps is melatonin, which is a hormone that is naturally produced and secreted by the pineal gland, and vitally needed for a number of bodily functions, especially sleep. A number of factors, especially aging, decreases the body's production of this all-important hormone, which is why supplementation with melatonin-based REM Caps is highly beneficial. Hammer CBD products contain Phytocannabinoid-Rich Hemp Oil, which beneficially works with and influences the body's endocannabinoid system, a series of nerves and receptors. Among numerous other things, the endocannabinoid system helps regulate sleeping patterns. The phytocannabinoids in Hammer CBD augments the body's natural production of cannabinoids, helping to ensure sufficient amounts are available to positively influence sleep.

QUESTION: What is the difference between the Hemp Oil liquid that I see at my health food store and Hammer CBD?

ANSWER: While they are derived from the same plant, they are two very different products that have completely different applications. Hemp Oil liquid that you find at retail outlets like health food stores is in the same category as flax seed oil, olive oil, and other plant-derived oils. It is a source of omega-3, 6, 9 fatty acids, and is primarily used in salad dressings or in smoothies to boost one's intake of these healthy fats. It can also be taken in softgel form. These products are made from the seeds of the hemp plant, which contains very little of the beneficial CBD content. Hammer CBD is all CBD oil—it is CBD Phytocannabinoid-Rich Hemp Oil—and is produced comes from the flowers, leaves, and stems of the plant. The phytocannabinoids in Hammer CBD supply powerful recovery-enhancing benefits—helping alleviate aches and soreness, supporting the immune system, and promoting better-quality sleep.

QUESTION: What is CBD and how does it work?

ANSWER: CBD is short for cannabidiol (pronounced can-uh-bih-DIE-all), one of over 60 compounds called cannabinoids (pronounced kuh-NAB-in-oyds) that are found in the cannabis plant. A number of cannabinoids are produced in the human body as well. Cannabinoids act on receptors found in the cells that are part of the body's endocannabinoid system, a system that regulates key aspects of our biology. The two major cannabinoid receptors are:

- **Cannabinoid Receptor Type 1 (CB1):** These receptors are found throughout the body, though primarily in the brain. As expected, these receptors are involved with mood, emotions, thinking, movement/coordination, appetite, and more.
- **Cannabinoid Receptor Type 2 (CB2):** These receptors are found mainly in the immune system throughout the body. When CB2 receptors are activated, they work to reduce soreness, aches, and similar discomforts.

Although CBD is a cannabinoid, it does not attach to or directly interact with CB1 or CB2. Instead, CBD indirectly affects/influences signaling through CB1 and CB2, while also increasing levels of bodily produced cannabinoids. [8]

QUESTION: I heard that there is more than just CBD in Hammer CBD. Is this true?

ANSWER: Yes, there are several more cannabinoids and a full spectrum of terpenes in Hammer CBD. The overwhelming majority of the cannabinoid content is in the form of cannabidiol (CBD), but numerous other beneficial cannabinoids occur in the product as well.

Terpenes are organic compounds found in many plants, contributing to the color, scent, and flavor of the plant (mint, basil, and other similar herbs are good examples of a terpene-rich plant). There are over 100 different terpenes found in hemp, none of which have psychoactive properties. Terpenes have a number of health-benefitting properties, and it is believed that the terpenes found in hemp work synergistically with the various cannabinoids found in the plant, thus enhancing the overall health benefits, while also supplying specific benefits of their own.

What you won't find in Hammer CBD is Tetrahydrocannabinol (THC). Hammer CBD is guaranteed to be 100% THC-free.

QUESTION: Why is Hammer CBD so effective in helping reduce aches and soreness?

ANSWER: The broad spectrum of cannabinoids in Hammer CBD—headed up by cannabidiol (CBD)—influences and activates the CB2 receptors in the body's endocannabinoid system. Research has shown that activation of these receptors greatly assists in significantly reducing aches and soreness. CBD also influences a number of non-cannabinoid receptor systems in the brain, those that play a role in the regulation of aches and soreness. It is extremely important to note that the use of CBD does not have any dangerous dependence and/or tolerance buildup issues associated with it. Lastly, Hammer CBD contains a broad spectrum of terpenes, organic compounds found in many plants that contribute to the color, scent, and flavor of the plant. All of these terpenes have properties that assist in

reducing aches and soreness. The primary terpene found in Hammer CBD is known as Beta-Caryophyllene (BCP), which is the only terpene known to interact with the body's endocannabinoid system (the CB2 receptors) in producing soreness-alleviating effects. [8]

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