CBD 101: What You Should Know
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Disclaimer: These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any diseases. Please consult your physician before beginning a new treatment plan.

All products have less than 0.3% THC and are legal in all 50 states.

Warfighter Hemp cannot guarantee that one will pass a drug screening test and recommends that each customer consults with their physician and employers regarding the use of CBD products.
Introduction

Warfighter Hemp is a Limited Liability Company founded by Veterans and is comprised of veterans and non-veterans who believe in providing an alternative to the reality that so many are faced with in a current healthcare system that relies on providing a cocktail of prescription painkillers and what veterans returning from Iraq and Afghanistan have come to term “zombie dope.” Our mission is to provide a holistic and natural alternative to that which we inherently know is wrong.

Warfighter Hemp is a worldwide organization with representatives and ambassadors in numerous countries. We give 50% of our profits back to other charities that support veterans’ independence, including Independence Corps, Spartan Alliance, the Aleethia Foundation and Villagers for Veterans.
At Warfighter Hemp, our main focus is on serving the veteran community. We offer a 25% discount to veterans whose status we verify. To learn more about CBD products, visit our website at www.warfighterhemp.com.

To consume CBD, you can consider the different ways you can use it, and the different ways you can feel its effects. CBD works with the body’s natural endocannabinoid system, which helps regulate mood, stress, sleep, appetite, mood, and more. CBD products are derived from hemp, a plant that is low in THC and high in cannabinoids. We conduct independent third-party tests on every batch of oil that we verify. We encourage our customers with clear information about CBD - what it is, how to use it, and what to look for to ensure you are purchasing the highest quality CBD products.

At Warfighter Hemp, we encourage our customers to do additional research on the results on our website. We encourage the businesses they are purchasing from. Customers can share their experiences with others. For example, one customer shared, “I am amazed. My energy level has increased by 100%, my mood and overall well being have improved. I have cut half of my prescriprions that I take a day, and I am telling and sharing with everyone.”

This ebook is meant to be a brief introduction on the basics of CBD - what it is, the difference between CBD, hemp and marijuana, how CBD works, and the different ways you can consume CBD. To learn more about CBD products, visit our website at www.warfighterhemp.com, or contact us.
Chapter 1

What is CBD?

You’ve probably heard people talking about CBD, CBD oil, hemp oil, cannabis and more. But what exactly is CBD? Is it different than marijuana?

To better understand what CBD is and what it does, let’s dive into the difference between these terms.

Cannabis

While the word cannabis is often used interchangeably with the word marijuana, it is, in short, a type of plant. There are three main cannabis plants, called Cannabis sativa, Cannabis indica and Cannabis ruderalis. Each of these three cannabis plant types have different characteristics and are used for a variety of different purposes, including health...
and beauty items, food, and industrial products. Along with marijuana, hemp, and in particular to Warfighter Hemp, industrial hemp, are forms of cannabis as well.

Industrial hemp, according to the 2014 US Farm Bill, is defined as a product grown under the direct supervision and licensing of the State Farm Bureau where the field is located. The crop and its derivatives and by-products must contain less than 0.3% THC. All Warfighter Hemp products are derived from industrial hemp grown by Colorado Cultivars located in Eaton, Colorado.

**Cannabinoids**
A cannabinoid is a type of molecule that interacts with the endocannabinoid system in the human body. (We’ll talk more about that in Chapter 3, How Does CBD Work?)

There are three different classifications of cannabinoids: endocannabinoids, synthetic cannabinoids and phytocannabinoids. Endocannabinoids are naturally occurring in the human body, while phytocannabinoids are naturally occurring in plants.

In the cannabis plant, there are over 150 known types of naturally derived phytocannabinoids. Each type of phytocannabinoid from cannabis plants exhibits different effects on the human body. Presently, many scientific studies are taking place around the world to better understand the effects and benefits of phytocannabinoids.
Marijuana
One of the best-known phytocannabinoids comes from marijuana -- tetrahydrocannabinol, or THC. Marijuana is the dried leaves and flowers of cannabis plants that have been bred to contain high levels of THC, the cannabinoid that produces a psychoactive effect, or “high.” Due to this effect, marijuana is used recreationally, but it has also been used medicinally for hundreds of years.

Because marijuana is selectively bred to contain high levels of THC, it generally does not contain very high levels of CBD.

Hemp
Unlike marijuana, which contains little CBD, hemp is rich in the CBD compound and carries only trace amounts of THC. For this reason, hemp does not cause a “high” when ingested and doesn’t have any value as a recreational drug. While both hemp and marijuana are forms of cannabis, it is important to note that the two are actually separate plants in the cannabis family and have been selectively bred over many years for distinct traits.
Hemp is used to make many different types of products, such as:

- Paper
- Twine and rope
- Clothing and textiles
- Biofuel
- Health foods
- Organic body care
- Plastic composites
- Construction materials

Hemp also has many nutritional benefits. Hemp seeds, sometimes called hemp hearts, contain significant levels of fiber, protein, potassium, vitamin A and iron. Ground hemp seeds can be used as a vegan protein powder.

Hemp oil, which is produced from hemp seeds, contains beneficial components including flavonoids, terpenes, and an ideal omega-3 to omega-6 ratio.

Hemp milk, also made from hemp seeds, is rich in fatty acids, protein and calcium.
CBD
Cannabidiol, or CBD, is one of the many different types of phytocannabinoids that are naturally occurring in the cannabis plant. CBD is extracted from the flowers of the hemp plant. Because hemp contains no or very low levels of THC, consuming CBD does not create a “high.”

The World Health Organization recently released a report stating that CBD has “no addictive properties, is non-psychoactive, evinces no discernible side effects and shows great potential to serve as a viable form of treatment for a number of maladies.”

Because CBD does not have the mind-altering effects of marijuana, it is growing in popularity as an attractive alternative for people who are looking for natural options to treat many different ailments without a psychoactive effect.

CBD can be used for natural pain relief and scientific studies suggest a wide range of potential benefits, including:

- Cardiovascular health
- Reduce psychotic symptoms in people with schizophrenia and other mental disorders
- Treatment of substance abuse
- Prevent the spread of certain types of cancer
- Diabetes prevention
- Reduce muscle spasticity in people with multiple sclerosis
- Improve quality of life for people with Parkinson’s disease
- Reverse and prevent the neurodegeneration associated with Alzheimer’s disease
- Treatment of acne
- Reducing anxiety
- Antidepressant-like effects
Many researchers believe CBD can be instrumental in weaning individuals off of an opioid addiction as well.

Surveys conducted by Warfighter Hemp show that 90% of the veterans who use CBD derived from industrial hemp for chronic pain and 92% who use it for symptoms of PTSD report it as “highly effective”. A substantial number have reported that because of CBD they are now opioid-free.

Anecdotal evidence of the benefits of CBD abound, and currently there are many scientific research studies underway to help us fully understand all of the benefits and effects of CBD.

“\textit{I am almost in tears. Warfighter Hemp is simply amazing. I’ve never tried CBD before and I have to say I am unbelievably affected. I was injured in combat 12 years ago and this is the first time I’ve seen the benefits of hemp oil. The anxiety and pain melts away, and I am able to focus on tasks more cleanly. I would rate this as a game-changer for veterans looking for more natural ways to mitigate their suffering.}”

– Warfighter Hemp Customer
Warfighter Hemp offers the highest quality, Colorado-grown hemp that is USDA Certified Organic, Kosher-Certified, Certified Gluten-Free and Non-GMO.

At Warfighter Hemp, we are transparent about how much cannabidiol and other cannabinoids our customers are paying for. We frequently conduct third-party tests on our products and publish the results on our website. You can also email us at Info@WarfighterHemp.com and ask for the results. We encourage our customers to do additional research on the businesses they are purchasing from, and to read their customer testimonials.
Warfighter Hemp is grown at our farm in Eaton, Colorado. We have partnered with 4th generation Colorado farmers to grow our hemp on USDA organic land – not only does hemp provide opportunities for veterans, it provides opportunities for American farm families. We are one of the first hemp farms in the United States to hold both a USDA organic certification and USDA organic handler’s certification. We believe in regenerative agricultural and organic farming practices.

Our Work with Veteran Charities
Fifty percent of our profits go back to veteran charities. The following are the ones we are currently supporting:

Independence Corps
Independence Corps is a 100% volunteer 501(c)(3) organization, whose mission is helping to restore injured American Veterans their Independence, freedom and dignity that comes with greater mobility.

Spartan Alliance
Spartan Alliance is a 100% volunteer Initiative of Independence Corps. Spartan Alliance’s philosophy is that they can best carry out their mission of preventing veteran suicide if they listen to the veterans and their caregivers and let them tell us what tool will best meet their needs. Spartan Alliance believes that veterans’ service and sacrifice deserves our attention.
Villagers for Veterans
Villagers for Veterans is a 100% volunteer 501(c)(3) organization. Founded for the sole purpose of helping severely wounded veterans, Villagers for Veterans helps veterans directly with much-needed funding or additional resources, or by providing grants to other organizations that provide services for veterans.

Aleethia Foundation
The mission of the Aleethia Foundation is to support the wounded/injured/ill service members with short-term therapeutic recreation, small financial grants, family emergency aid, assistive technology items, hyperbaric oxygen therapy, home improvements to assist with an injured service member’s mobility and other basic needs.

Rocky Mountain Hyperbaric Association for Brain Injuries
The mission of the Rocky Mountain Hyperbaric Association for Brain Injuries is to improve the quality of life for people suffering from brain injuries in the Rocky Mountain region by providing financial support and logistical assistance to individuals who are seeking rehabilitation through hyperbaric oxygen therapy and to promote education and understanding to the community regarding the benefits of hyperbaric oxygen therapy.
Chapter 3

How Does CBD Work?

In 1992, researchers discovered the endocannabinoid system, or ECS. What is the ECS? It is an amazingly vast network in the human body that helps the body maintain homeostasis, or balance. The ECS plays an important role in regulating the secretion of hormones and helps regulate sleep, memory, mood, temperature, the immune system, appetite and digestion, pain, reproduction and fertility, and inflammation.

The ECS is composed of CB1 and CB2 cell receptors. CB1 and CB2 receptors are found throughout the body. CB1 receptors are found mainly in the central nervous system, while CB2 receptors are more prevalent in our immune system, the gastrointestinal system and the peripheral nervous system.
These receptors are like locks, and cannabinoids are like keys that fit in these locks. Endocannabinoids are cannabinoids that are produced within our body. Phytocannabinoids, like CBD or THC, are produced in cannabis plants, and, incredibly, just happen to fit into the CB1 and CB2 receptors in our bodies.

Given that the ECS regulates such a wide range of functions, if that system becomes imbalanced, it can lead to a host of problems. Research suggests that a depleted ECS can cause migraines, fibromyalgia, irritable bowel syndrome, and other medical conditions.

As we mentioned above, CBD is a phytocannabinoid and a “key” that fits into the “locks” (aka receptors) in our ECS. More good news - CBD is an endocannabinoid modulator. This means that it can help to bring an endocannabinoid system that is out of balance back into balance. It does this by increasing the availability of endocannabinoids in the body. Endocannabinoids are created within your own body, so when CBD increases the availability of endocannabinoids in your body, it is helping your ECS to operate more effectively.

Because of these unique characteristics of CBD and the extensive network of the ECS in the human body, CBD has the potential to provide myriad health benefits.

“My husband was the guinea pig. I bought it for him, as I was extremely worried about his health. After taking small amounts for 4 days, he was amazed. He was sleeping. His anxiety was incredibly low. His outlook on our situation was calmed.”
Chapter 3

Consuming CBD Oil

CBD is available for consumption in multiple forms to suit a variety of needs. At Warfighter Hemp, we produce CBD products in the following forms: tinctures, capsules, lotions, transdermal patches, and vape cartridges. Let’s look at these methods of consuming CBD and the unique advantages of each method.

Tinctures

CBD oil commonly comes in tincture form. At Warfighter Hemp, we produce tinctures mixed with organic hemp oil with concentrations of CBD ranging from 150mg to 4500 mg.

The best place to take a CBD oil tincture is sublingually, or under the tongue. Sublingual consumption allows CBD to be absorbed into the bloodstream more quickly and increases
the bioavailability of CBD. In short, more CBD is available more quickly to your body when you take your CBD tinctures sublingually.

What exactly is the best way to take a CBD oil tincture? Using the dropper, squeeze the desired amount of tincture under your tongue. Then, hold the liquid under your tongue for 60 to 90 seconds before swallowing. Holding it under your tongue is what allows faster and direct absorption into your bloodstream, so it’s important not to skip this step.

Servings of a CBD oil tincture can generally be repeated as much as necessary throughout the day. However, in very large quantities hemp oil may cause slight drowsiness. If this is the case, it’s recommended to take your supplement before bed.

When ingesting CBD oil, it is normal for it to have a “hempy” aftertaste. For this reason, at Warfighter Hemp we also provide an option including organic peppermint oil, for a natural peppermint flavor.

You may also use a tincture topically. Warfighter Hemp offers a 1000mg CBD lotion, or, if you have localized pain, you can even mix a few drops of the tincture with a lotion and rub it directly on the affected area.
Inhalation - Vaping

Inhalation is another way to consume CBD oil and is one of the fastest ways to absorb CBD into your body. Inhalation of CBD is most commonly done with the use of a vape pen or similar device. An atomizer in the vape pen heats the CBD oil until it turns into a vapor that you inhale. When you inhale CBD vapor, a higher level of bioavailable CBD enters your bloodstream more directly and quickly via your lungs.

CBD oil is sold in cartridges. Potency varies by brand, but typically one cartridge contains 25 to 300 mg of CBD. The Warfighter Hemp cartridge at $70 is one of our real bargains given that it contains 600mg of CBD and is good for two hundred hits.

Capsules

Capsules are a convenient and easy way to take CBD oil. At Warfighter Hemp, our capsules deliver 300 mg of CBD in a bottle, or 10 mg of CBD per daily dose, with more options coming in the future. For those who are new to CBD, this is a great way to begin by including CBD in your daily supplement routine. Because capsules are ingested, the body will absorb the CBD in the capsules more slowly. For this reason, capsules are sometimes seen as being less potent than tinctures or vaping.
Topical
Because CB1 and CB2 receptors are found throughout the skin, CBD can also be used topically. Topical use of cannabis extracts has been practiced around the world for hundreds of years, and today, CBD products like lotions, creams, salves and transdermal patches are all available.

Topical application of CBD is especially useful for joint pain and swelling, arthritis pain, muscle pain and muscle recovery. The Warfighter Hemp 1000mg CBD lotion can be applied directly to the painful area as needed. Topical CBD in the form of lotions and creams are also suggested for treatment of psoriasis, eczema, itchy rashes, contact dermatitis, and acne.
Transdermal patches are another option for topical use of CBD. The adhesive patches provide an easy, convenient, longer lasting application. A transdermal patch can be left on for 8 to 24 hours and provides continuous localized pain relief.

Like other forms of CBD, topical CBD products are not psychoactive. If you have sensitive skin, it’s a good idea to test a small amount of any topical CBD product in case you are sensitive to the ingredients used in topical CBD preparations.

Lastly, whatever form of CBD oil you choose to use, make sure that your purchase provides third-party lab results freely to their customers. Third-party lab results ensure CBD levels and low or no THC as well as purity. You can view Warfighter Hemp third-party lab results on our website at www.warfighterhemp.com/certificates-of-analysis.
Appendix A

CBD and Veterans

By Lt. Col (ret.) Steve Danyluk, Founder - Warfighter Consulting

A veteran is 250 times more likely to die from suicide or an opioid-related overdose than their counterpart currently serving in Afghanistan. In 2017, according to icasualties.org, there were a total of fifteen U.S. military fatalities in Afghanistan. The same year, the Veterans Administration released a seminal report placing veteran deaths by suicide at an average of twenty per day. Anecdotal evidence suggests that many of these deaths are directly related to the over-prescription of opioids and other psychotropic medications that plague our veteran population.

As a combat veteran who has spent more than a decade working with severely injured
Unlike marijuana, which contains little CBD, hemp is rich in the CBD compound and carries only trace amounts of THC. The World Health Organization recently released a report stating that CBD has “no addictive properties, is non-psychoactive, evinces no discernible side effects and shows great potential to serve as a viable form of treatment for a number of maladies.” Many researchers believe CBD can be instrumental in weaning individuals off of an opioid addiction as well.

Surveys conducted by Warfighter Hemp, a company I founded and am a partner in, show that 90% of the veterans who use CBD derived from industrial hemp for chronic pain and 92% who use it for symptoms of PTSD report it as “highly effective,” and a substantial number have reported that because of CBD they are now opioid-free.
Until now, hemp has largely been conflated with its more famous, or infamous, sister plant, marijuana. Both hemp and marijuana are forms of cannabis. But it is important to note that the two are separate plants in the cannabis family. McConnell’s Farm Bill will codify this nuance by defining industrial hemp as a federally legal agricultural product that can be shipped, along with its seeds and derivatives, throughout all fifty states so long as it contains less than .3% THC, and will definitely remove industrial hemp from the Controlled Substance Act.

Another pending bill that pertains to veterans and medicinal cannabis is HR 5520 co-sponsored by Reps. Tim Walz, Democrat from Minnesota, and Mike Coffman, Republican from Colorado, both of whom sit on the powerful House Veterans Affairs Committee. HR 5520 calls on the VA to initiate a study into the efficacy of medicinal cannabis for the treatment of chronic pain and PTSD.

Even if HR 5520 passes, though, considerable hurdles litter its path, the biggest one being that marijuana is listed as a Schedule 1 drug by the CSA. Assuming the Farm Bill passes, CBD derived from industrial hemp (which is not marijuana) will not be subject to the CSA. Not only can the study that HR5520 calls for proceed using hemp-derived CBD, the VA will be able to legally dispense CBD derived from industrial hemp to veterans as an alternative to opioids in the same manner that it currently issues Vitamin D and other supplements to veterans.

Finally, veterans will have a real opportunity to choose something other than the opioids that are taking so many lives.
Appendix B

CBD and Your Dog

Your pup means the world to you and seeing your companion struggle with ailments is difficult. At Warfighter Hemp, we offer tinctures that are easy to disguise in food – which is easier to give than a large pill. Plus, those pills are laced with many unknowns and potentially harmful additives that could do more harm than good. Warfighter Hemp CBD oil is 100% organic and contains only active Cannabidiol mixed with organic hemp oil. What you see on the bottle label is what you get.

Warfighter Hemp now offers a 150mg pet line. The recommended starting dose is 10 drops of oil for a pet 15lbs. or less with an additional 5 drops per 10lbs. of dogs weight. Most users find that placing this in the pet’s meal is the easiest way for your pet to ingest.
Benefits of Giving CBD Oil to Your Dog

- Reduces inflammation and pain - especially related to stiff joints that make your once energetic pup more of a lounger. Several Warfighter Hemp customers have told us how CBD oil has brought new life to their companion animals.
- Increases recovery time after strenuous exercise
- Improves circulation
- Reduces stress and anxiety (including separation anxiety and aggression)

- Reduces nausea and help stimulate appetite
- Combats degenerative diseases and aging
- Assists in controlling – maybe even eliminating – seizures
- Inhibits cancerous cell growth – CBD oil has been found to stop cancer cells from growing – and those that exist, help to eliminate them.
How much should you give?
The amount of CBD, measured in milligrams (mg), you should give your dog depends on a lot of things like weight, your dog’s personal sensitivity to it, and whether you are giving it for behavioral problems, such as anxiety or for “illnesses” such as seizures or cancer.

In general, it is recommended to give the following:

- Pets less than 30 pounds - 8 mg per day
- 30-60 pounds - 8-16 mg per day
- 60-100 pounds - 16-24 mg per day
- 100-150 pounds - up to 32 mg per day

Please contact your veterinarian if you think your pet might be having an adverse reaction of any kind.
Verify Your Veteran Status to Save 25% off your order