

# What's hot... CBD Oil

Cannabidiol (CBD) oil has become the latest supplement to be touted by A-list celebrities as their 'go-to' supplement for 2018 and it was certainly prevalent at the recent Natural & Organic Product Show in London. But what exactly is it and what are the reported health benefits?

Cannabidiol (CBD) is one of over 80 phytocannabinoids, or chemical compounds, produced by the cannabis plant. The oil is typically extracted from hemp, which is the industrial, fibrous form of cannabis and has been bred to remove THC (tetrahydrocannabinol) the chemical compound that's responsible for making people high. The extracted cannabidiol is then usually diluted with another type of oil, like MCT (coconut) oil. It can typically be taken orally through liquid drops, capsules or rubbed onto the skin.

There have been numerous studies into the benefits of CBD oil, showing that its anti-inflammatory effects can help with muscle and joint pain, even having the potential to relieve the chronic pain and muscle spasms associated with conditions such as arthritis or multiple sclerosis. It can also help to reduce anxiety, promote sleep and create a general feeling of wellbeing.

We've listed some of our top CBD oil picks as well as some great hemp products;



## CBD Oils



**93367** – Kiki Health CBD Oil 5%, 10ml – **RSP £40.00**



**93327** – Planet Hemp Cannabidiol (CBD) plus Hemp Seed Oil – Original, 150ml – **RSP £45.99**



**85675** – Elixinol 300mg CBD Natural Hemp Oil Drops, 30ml – **RSP £35.99**

## Hemp Products



**84150** – Tree of Life Organic Hemp Protein Powder, 250g – **RSP £6.59**



**68376** – Linwoods Shelled Hemp, 225g – **RSP £7.05**



**82088** – Navitas Organic Superfood+ Cacao Hemp Almonds, 113g – **RSP £7.45**



**14526** – Faith in Nature Hemp & Green Tea Soap – Organic, 100g – **RSP £2.00**



**93591** – Love Hemp Love Hemp Water, 500ml – **RSP £1.40**



**82480** – Good Hemp Food Hemp Drink – Unsweetened, 1Ltr – **RSP £2.00**