



Hemp derived products are widely thought to be the most nutritionally complete supplement source in the world.

## The Most Common Questions Associated with CBD Use:

### Will I get “high” or feel “loaded”?

The answer is, “No.” Industrial hemp derived CBD will not make you feel euphoric. If you feel this way from a CBD product, it does not solely contain CBD and may contain synthetics or other compounds not listed on the label and should not be used.

### Is it legal?

bel and should not be used.

Yes. Industrial hemp derived CBD contains very low to no THC levels which is the compound that makes Marijuana illegal. Industrial hemp products containing levels of THC ranging from 0% to 0.03% can be purchased from regulated sources.

### How can I take CBD?

CBD comes in many forms: Tinctures,

### How much CBD should I take?

edibles, vaporizable liquids, capsules, powders, as well as topical creams and salves.



Legacy Naturals

If you would like to receive more information or purchase Legacy Naturals products, please contact:  
customerservice@LegacyNaturals.com

If you would like to become a wholesale partner of Legacy Naturals, please send all wholesale inquiries to:  
wholesale@LegacyNaturals.com



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Healthier Living Through Quality Products

## Can CBD Products Help Me?

## Understanding Your Endocannabinoid System

## Putting the Pieces Together



# How Does CBD Work In Your Body?

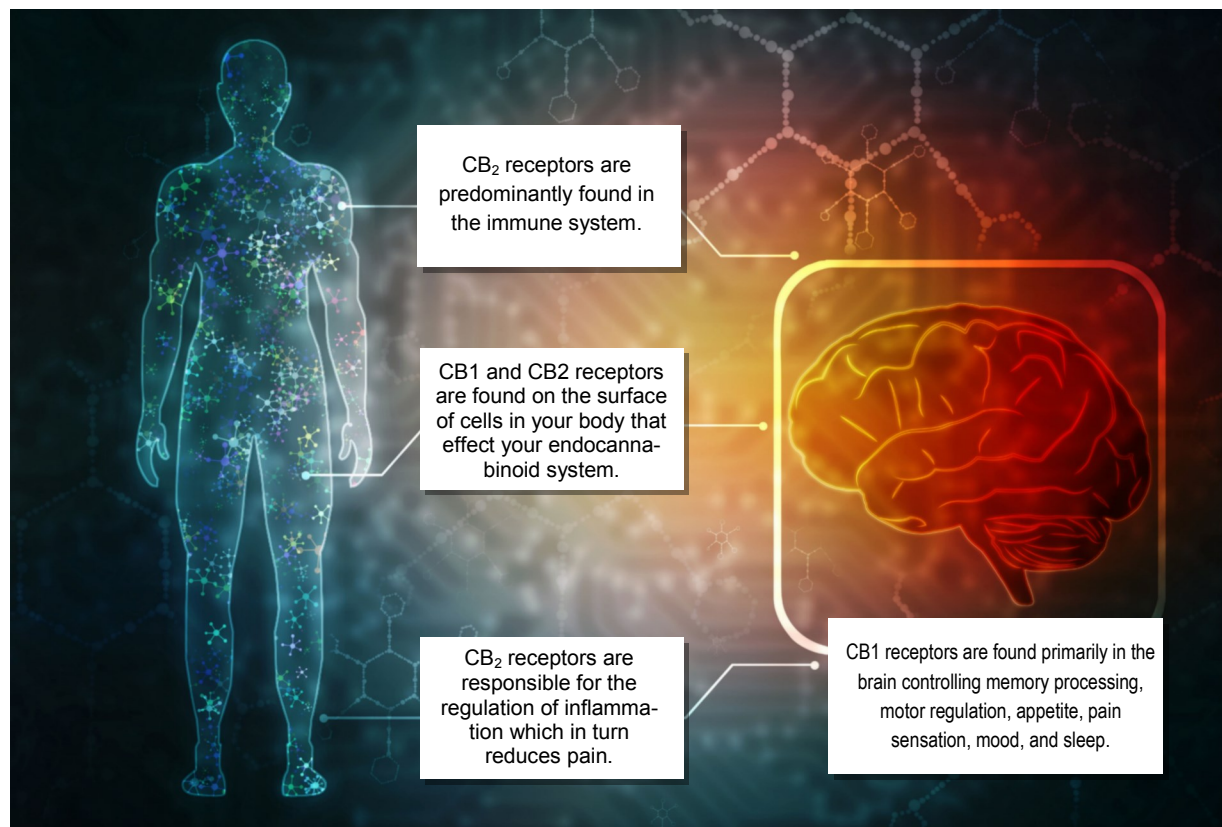
Your body produces certain natural compounds called cannabinoids that are used to regulate functions for your entire body. Inside your body there is a processing network for cannabinoids called your Endocannabinoid System. CBD mimics the natural cannabinoids produced by your body and stimulates certain receptors found on the surface of cells in your body that effect your ECS. These cells are mainly located in the central nervous system and the immune system. This reaction caused by the introduction of CBD helps balance and maintain and restore your body's natural function. Essentially

## What is CBD?

CBD stands for Canna-bi-dy-all. CBD is one of many compounds called phytocannabinoids that is found in various plant species. The industrial hemp plant is a plentiful source of CBD. When derived from industrial hemp, CBD with less than 0.03% THC by weight has no psychoactive properties but retains all of its positive bio-

CBD is commonly used as relief from:

- Pain
- Inflammation
- Anxiety
- Sleep Disorders
- Neurological Disorders
- Opiate Dependence



There are many other benefits from using CBD and hemp products. Hemp products are:

High In : Omega 3 and 6 Fatty Acids

Vitamins A & E

Calcium, Iron & Antioxidants

Low In: Saturated Fats

Cholesterol

Carbohydrates