



## Benefits of CBD

Relieves **PAIN** and **INFLAMMATION** - Promotes **RESTFUL SLEEP** - Reduces **ANXIETY** - Boosts **AUTO-IMMUNITY**

## Products

### Topicals

#### Sports Relief Rub

- Provides instant and long lasting pain relief
- Airless pump dispenses lotion for easy application
- 5oz bottle lasts 2+ months of regular usage
- Apply as needed to areas affected by pain

#### Sports Roll On

- Provides instant and long lasting pain relief
- Convenient roll on is great for people on the go
- Great for hikers, tennis players, golfers, etc.

### Sleep Specific - NO Melatonin

#### Sleep Gummies - 30 count

25mg CBD + 10mg CBN, take daily 30 min before sleep

#### Sleep Tincture

34mg CBN per dropper full, take ½ dropper full 30 min before sleep

### Tinctures

- The most effective way to get your daily dose of CBD
- Easy to adjust daily dosage
- Most cost effective per/mg dosage
- 30 servings (1 dropper full) per bottle
- 500mg** - 17mg per dropper full - Natural or Peppermint
- 1000mg** - 34mg per dropper full - Natural or Peppermint
- 1500mg** - 50mg per dropper full - Natural or Peppermint
- 3500mg** - 116mg per dropper full - Peppermint
- 5000mg** - 166mg per dropper full - Peppermint

### Edibles

#### Vegan Gummies - 30 count

25 mg per, take 1-2 daily for best results

#### Softgels - 30 count

25 mg per, take 1-2 daily for best results

### Pets

Pets can suffer from the same conditions as humans and CBD is there to help them as well

**Treats** - 5mg per treat

**500mg** - 17mg per dropper full - daily dose for pets under 40lbs

**1000mg** - 34mg per dropper full - daily dose for pets over 40lbs

### Dosage

When taking ingestible CBD start with a set dosage and take it consistently every day. 25mg of CBD per day is a good starting point for an average person. Larger and more active people will get their best results with a larger dose.

Your personal daily dose can be taken once a day or split and taken twice daily. Tincture drops should be placed under your tongue and held for 1-2 minutes, then swallowed. Take Gummies and Softgels daily as directed.

You should expect to start feeling effects in 3 to 7 days but stay with a consistent dose for 3-4 weeks - AND THEN SEE HOW YOU FEEL! Over time, you can adjust your CBD dosage until you find the best fit for you!

**CBD can be taken anytime of day. CBN products should only be taken 30 min before bedtime**



- NEHF products all contain less than .3% (three tenths of one percent) THC - the legal definition of Hemp
- NEHF products are Natural, made in the USA from organically grown Non-GMO Hemp
- NEHF products are manufactured in a FDA registered facility
- A COA (Certificate of Analysis) showing 3rd party independent testing is available for every product
- NEHF has a 4.9 (out of 5 ) rating on TrustPilot based on 500 reviews
- For appx \$2.00 per day - your daily dose of CBD can be a great supplement to boost health and wellness

**What is CBD?** CBD stands for Cannabidiol, a compound naturally found in Hemp plants. CBD is non-intoxicating, and it does not produce a high. Numerous studies indicate that CBD may support homeostasis, or balance in your body's natural rhythms. We always recommend that you speak with your doctor before using CBD products.

**What is CBN?** CBN stands for Cannabinol, a compound found naturally in Hemp plants. CBN is non-intoxicating, and it does not produce a high. CBN is known as the "Sleep Cannabinoid" and it naturally helps people get to sleep and stay asleep - with no Melatonin type hangover effect.

**Will CBD get me high?** NO. THC is the psychoactive component in marijuana which makes you feel high and there are only very tiny trace amounts of THC in our Full Spectrum CBD products.

**Will CBD show up on a drug test?** NEHF products only have a trace amount of THC which should not show up in any standard drug test - **but we cannot guarantee test results.**

**Is CBD legal?** Yes. CBD derived from Hemp with less than .3% THC is now fully legal at the Federal level under the 2018 Farm Bill and is legal in most states.

**How does CBD affect Humans?** CBD interacts with the endocannabinoid system which is a collection of cannabinoid receptors, endocannabinoids and enzymes in the human body. Endocannabinoids are naturally occurring cannabinoids found within our bodies.

**Can I give my cat or dog CBD?** Yes, pets can benefit from CBD in many ways that humans can as they each have a similar endocannabinoid system. Generally, pets will need a smaller dosage than humans based on their weight. CBD is safe for Pets to use but we always recommend that you speak with a veterinarian before you start giving your pet CBD.

**Can I overdose on CBD?** Cannabinoids have no known toxicity - but we suggest starting a CBD regime in small amounts and increasing the dosage, as needed, to reach desired effect.