



PhenoPen

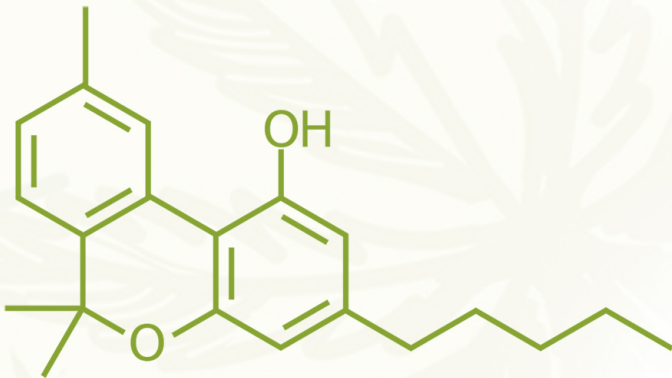
The CBD Guide

A full guide to help you understand the health solution trusted by millions across the world

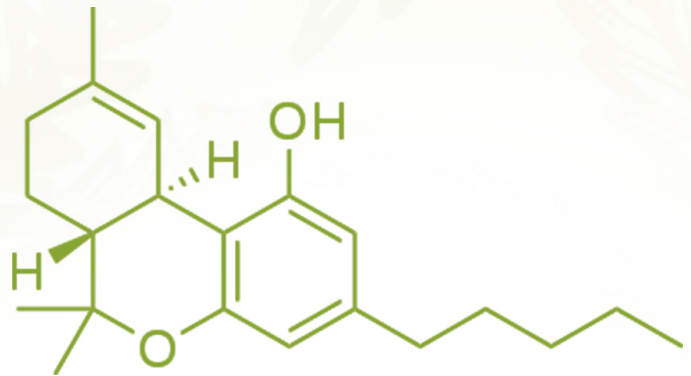


What is CBD?

CBD is short for cannabidiol, a compound in cannabis and hemp which is used therapeutically and medicinally to treat a variety of conditions. Unlike THC, the compound in cannabis that gets you high or "stoned," CBD has no psychoactive effects at all. CBD is extracted as an isolate from cannabis and hemp and then made into a variety of different products. There's CBD oil tinctures, CBD edibles like gummy bears, CBD vape juice and even CBD soaps and skin products.



Cannabidiol (CBD)



Tetrahydrocannabinol (THC)

CBD is used to treat a myriad of conditions and ailments, both physical and mental. Some people use CBD to relieve pain and inflammation. Others use it to treat insomnia, anxiety, and depression. CBD is also used in the treatment of more severe medical conditions such as Parkinson's disease, MS, and some forms of epilepsy. Numerous clinical studies and reports have proved the efficacy of CBD to treat certain conditions, and new studies are being carried out regularly. CBD is also 100% natural, non-toxic, non-psychoactive, and non-addictive.



Why Use CBD?

CBD is a natural alternative to some pharmaceutical medications prescribed by doctors. People who suffer from bouts of insomnia will be given sleeping pills as a matter of course, but these pills are addictive, habit-forming, and potentially dangerous long-term. Many people use CBD successfully to enjoy a great night's sleep without waking up feeling groggy or confused. Others use CBD to ward off panic attacks or to relieve stress ahead of public speaking events or awkward social situations.



People who prefer medicating naturally with alternative products choose CBD, in many cases, for the feel-good factor. CBD interacts uniquely with the endocannabinoid system (ECS) inside all humans. This system, which includes various receptors in the organs of the body, regulates things like sleep, appetite, and mood and is encouraged to a state of perfect harmony by CBD. CBD is a natural and unintrusive addition to any health regime. It leaves many users with a general sense of wellbeing, calmness, and overall contentedness.

CBD vs. THC

CBD and THC both come from the cannabis plant but they couldn't be more different, despite the genetics they share. Let's take a quick look at the differences between CBD and THC.



CBD - Cannabidiol

CBD is one of the hundreds of active compounds found in cannabis and hemp. Having been isolated a few years ago by scientists in Israel, CBD quickly rose to fame as the go-to solution for many people. Those suffering from a range of conditions who also want a natural and safe solution for their situation found CBD useful. CBD encourages the CB1 and CB2 to work in tandem to promote a balanced appetite, good sleeping patterns, and a sense of wellbeing. CBD doesn't get you high at all, but it does leave both body and mind feeling relaxed.

THC - Tetrahydrocannabinol

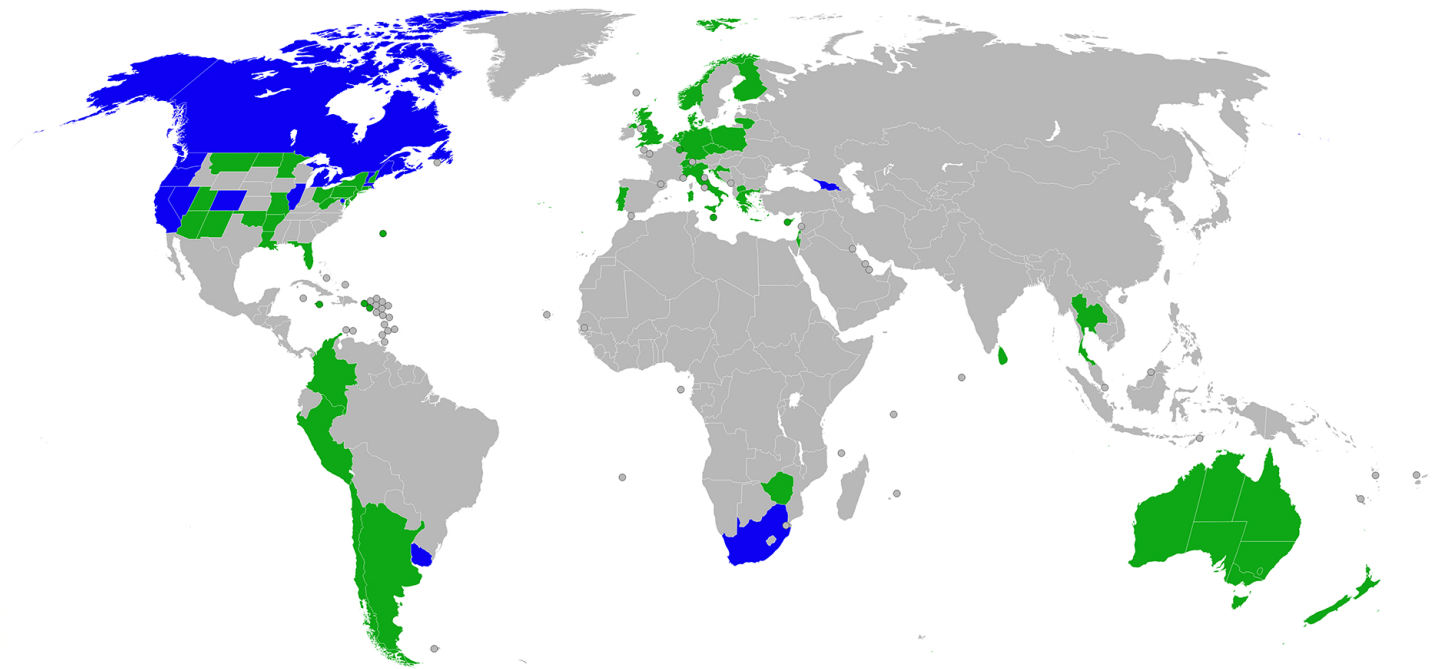
THC is by far the most famous cannabis compound and is also the one that's loved by some and hated by others. THC is the primary psychoactive compound in cannabis. It makes you feel high, stoned, giggly, and disoriented, but it also has some fantastic health benefits. While CBD only encourages the ECS, THC infiltrates it and adjusts it. That's why people feel high and usually get the dreaded "munchies." People use THC to treat pain, anxiety, and depression, although it's quite different in terms of effects from its baby brother, CBD.

Is CBD Legal?

The simple answer to this question, at least as far as North America is concerned is yes. However, there are some technical details to be aware of. The 2018 Farm Bill made CBD derived from hemp (and containing less than 0.3% THC) legal at the federal level. If the CBD comes from a cannabis plant, however, that contains more than 0.3% THC, it's illegal federally and in many states. The good news is that the majority of CBD products on the market today come from hemp sources only and contain less than 0.3% THC.

When it comes to the legality of CBD in Europe, things get far more complex. CBD in most countries in Europe is legal as long as it's derived from hemp. CBD is not legal in any form in Russia, China, and some other smaller eastern-European countries.





■ Legal as authorized by a physician ■ Legal for any use (no prescription required)

In most countries in Europe, THC levels of up to 0.3% are permitted, but if the THC exceeds this percentage, the CBD is then considered illegal.

Delivery Systems for CBD

There are many different ways to take and use CBD, and it's mainly down to personal preference but also other factors. CBD comes in various forms and can be taken via the stomach, inhaled, or applied to the skin.



CBD oil, also known as Hemp Oil, is not to be confused with Hemp Seed Oil. Hemp Seed Oil is a wonderful product in itself and is used as a food supplement. However, CBD oil refers to a tincture or 'suspension.' This tincture is taken orally in the form of drops or added to food or drinks. CBD has a nutty, earthy flavor which people either love or hate. Thankfully, many CBD oils come in flavors like cinnamon, raspberry, and mint chocolate, and this masks the taste of the CBD significantly. When you take CBD oil, you need to be patient as the effects usually take 1-3 hours to reach their peak. It takes a while for the active ingredients to make their way into the bloodstream via the long and treacherous digestive tracts.





CBD Edibles

CBD edibles are a highly convenient and effective way to take CBD. CBD edibles come in different mouthwatering flavors. There are CBD gummy bears, CBD cupcakes, and even CBD chocolate. It's advised to watch out for the CBD concentration inside edibles to ensure you're dosing right. You also need to be aware that CBD edibles often contain a lot of sugar. If you're watching your weight or sugar intake, opt for one of the sugar-free options on the market. CBD edibles also include CBD Capsules and CBD Softgels which work much like any other edible but are taken in pill form for convenience.



CBD Vape Juice

CBD Vape Juice, also known as CBD E-Liquid or CBD Vape Liquid, is an excellent option for ex-smokers or people wanting immediate and potent relief from their anxiety, pain or insomnia. CBD Vape Juice comes in a range of flavors such as lemon, mint and rainbow candy. CBD Vape Juices are also available in specific strains of CBD and terpenes which are reintroduced after extraction. CBD Vape Liquids come in different CBD concentrations so always read the label before you buy.



CBD Beauty Products

CBD is also used in skin and hair care products. CBD isolate is added to the other ingredients inside various creams, both for soft skin and to ease tense muscles. There are CBD creams for the face and other parts of the body, but also CBD creams and gels for muscle rubs and massages. CBD is also used in some lubricants and hair conditioners. CBD is considered to be a healthy and rejuvenating part of any beauty regime, and more and more CBD beauty products are coming to market regularly.

PG, VG, and MCT

Most CBD Vape Juices use one of or a mixture of three carrier liquids to contain the active hemp compound.

PG (Propylene Glycol), VG (Vegetable Glycerin), and MCT (Medium Chain Triglycerides). All three of these are food-grade "oils" used in various ways, usually to improve the appearance of food. CBD Vape Juices contain either a mixture of PG and VG or are made with MCT oil which some consider more healthy. However, PG and VG are also used in E-cigarettes containing nicotine. There has been no shortage of controversy recently over the safety of these liquids in the news. There are some CBD Vape Juice and Vape Pen manufacturers who don't use PG, VG or MCT in their CBD liquid.

There is a unique way of extracting CBD, along with other minor cannabinoids and terpenes and using the liquid from the derived hemp plant as the carrier for the CBD. This means that you vape a product that's 100% pure hemp extract and is guaranteed to contain no synthetic chemicals. Such pure hemp e-liquids are rare and hard to find, but they do exist (and PhenoPen is one of them.)



Who is CBD Good For?

CBD is used by many different people from various walks of life. On one end of the scale is highly concentrated CBD administered to children with rare epileptic conditions like Dravet's Syndrome. On the other end of the spectrum is the elderly and people recovering from chemotherapy who use CBD capsules or softgels, which are easy to swallow, digest, and absorb. In the middle of the spectrum, there's a wide range of people who use CBD to treat anxiety, depression, insomnia, eating disorders,

and skin conditions, to name just a few. The list of conditions that people use CBD for is long (see the next section for a more comprehensive list). Many of those people enjoy CBD as it offers fast and effective relief from their symptoms but without the high or disorientation that comes with conventional cannabis. There are also vast numbers of opioid addicts using CBD to wean off of their medication. It's a tragedy when an innocent person gets hooked on expensive and addictive prescription drugs after a sports injury or car crash. That's why CBD is an excellent option for so many people who could otherwise inadvertently become addicted to drugs.

Which Conditions Is CBD Good For?

CBD is used to treat many different conditions and ailments. It must be taken in various forms depending on the desired results, and dosing is also a critical factor. Here is a list (in alphabetical order) of some health conditions CBD is known to treat or manage:

-  **ADHD**
-  **Addiction**
-  **Alzheimer's Disease**
-  **Anxiety**
-  **Arthritis**
-  **Asthma**
-  **Autoimmune Disorders**
-  **Cancer (inhibits tumor growth)**
-  **Concussions (Head Trauma)**
-  **Depression**
-  **Mood Disorders**
-  **Diabetes**
-  **Eating Disorders**
-  **Inflammatory Bowel Syndrome (IBS)**
-  **Migraines**
-  **Multiple Sclerosis**
-  **Nausea, Vomiting**
-  **Neurodegenerative Diseases (Huntington's, Parkinson's)**
-  **Pain Post-traumatic Stress Disorder (PTSD)**
-  **Schizophrenia**
-  **Seizure Disorders**
-  **Skin Conditions (Acne, Psoriasis)**

CBD Isolate Vs. CBD Distillate

CBD is extracted in different ways and used to formulate a variety of tailor-made products. As discussed already, there's CBD oil, CBD edibles, CBD vape juice and many more, but there's also a difference when it comes to the CBD inside.

Essentially, there are two types of extracted CBD - CBD Isolate and CBD Distillate.



CBD Isolate

Isolate is CBD in its purest and most natural state. CBD Isolate comes in powder form and can be added to food, drinks or taken as it is. Where CBD Isolate differs from other CBD extracts is that it has no other compounds. That means only 100% pure CBD with no other minor cannabinoids or terpenes in the mix.



CBD Distillate

CBD Distillate is referred to by some as "Broad-Spectrum CBD." This is CBD which includes other compounds, terpenes, and flavonoids from the plant. After its original extraction, it also contains some amount of THC - the psychoactive compound in cannabis that makes you high. That's called "Full-Spectrum" CBD. Following another extraction, when the THC is removed down to levels of 0.3%, it becomes CBD Distillate or "Broad Spectrum."



VS



Some people prefer taking CBD Isolate as it's CBD in its purest and most isolated form. Other prefer to benefit from what's called the "entourage effect" induced by the other cannabinoids and terpenes in broad-spectrum suspensions working together. What is this so-called "entourage effect?" check out the section below for the answer.

The Entourage Effect

The entourage effect is a phrase that was coined in by a man called Ethan Russo. This effect is whereby the full gamut of cannabis compounds, terpenes and other elements from the plant work synergistically to modulate the overall psychoactive and other effects felt by the user. The phrase originally referred to the amazing way endocannabinoid regulation takes place. Without wanting to get too technical for now, "multiple endogenous chemical species display a cooperative effect in eliciting a cellular response," according to Wikipedia. Put simply, this means that there is some specific, albeit little-understood mechanism whereby the activation and consumption of CBD together with other elements in the plant offers a superior, more well-rounded experience. The entourage effect (also called the ensemble effect) is considered to be interesting when it comes to the fields of pain management, treating mental disorders and for insomnia and other sleep-related issues.



Trusting Your CBD

Whether you opt for CBD Isolate, broad-spectrum or full-spectrum, the most vital factor to consider is the quality and safety of the product. CBD is a naturally-occurring chemical compound extracted from cannabis and hemp which needs to go through numerous delicate processes. If just one of these processes fails the resulting extract could be tainted or even potentially dangerous. This is where trust comes in, and it's probably the most important piece of the puzzle.

There are a few things to consider when buying CBD online or from a dispensary. The first thing to check is that the CBD was produced in a GMP certified facility, employing BMP (Best Manufacturing Practices) every step of the way.



You also want to make sure that the CBD you are buying is consistent and the "same," even when you buy more a year down the line. Any CBD manufacturer worth their salt will send their extract to approved third-party labs for testing. These labs test objectively for potency, safety, and additives. They also provide cannabinoid and terpene profiles as a matter of course. When buying CBD, always ensure you check the lab results for full peace of mind.

Who We Are

The Mabsut Life team is a dedicated group of individuals who all have one thing in common; a passion for making people feel better. The team also have many years of combined experience within the CBD industry and are experts in the fields of CBD science, research and development, and manufacturing.



The Cartridge

When the team got to work creating the PhenoPen, their vision was to make the best, premium CBD vaping device on the market. That vision shows in the impeccable design of the PhenoPen, but the real magic lies inside the PhenoPen CBD cartridge. Many long hours were spent perfecting the proprietary PhenoPen formula until it was just right. The unique formula inside the cartridge comprises of 100% pure hemp extract, minor cannabinoids, terpenes, and nothing else. There's no PG, VG or other chemical carrier liquids in the PhenoPen, just pure hemp extract and best-quality CBD at a concentration of 59.7% per 0.5ml cartridge).

If you want to get more information about PhenoPen or to have a quick look at the website, check out www.phenopen.com