



THE
Grass & Co.
CBD
GUIDE

CHAPTER ONE

LET'S BEGIN



At Grass & Co. we're here to help you to live a life enhanced by nature. We believe that spending time in the natural world improves our physical, mental and spiritual well-being, and helps us live in greater harmony with the environment.

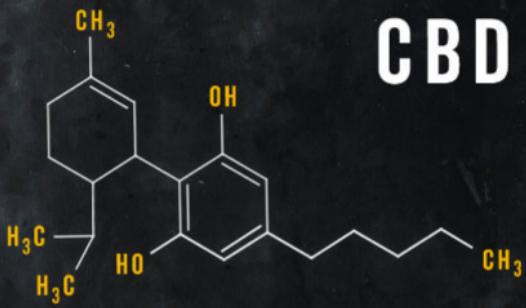
It's perhaps the best antidote to the frantic, urbanised and tech obsessed lives that most of us are living these days.

Our mission is to help people reconnect with nature, by designing high-quality products made with clean, organic botanical ingredients. We are passionate about CBD having experienced first-hand the restorative effects it can deliver.

The Grass & Co. team work tirelessly to source the finest organic CBD oil in Europe and enhance it with botanical ingredients to delight the taste buds and enliven the senses.



CBD



CBD / CANNABIDIOL (CAN·NA·BID·I·OL)

CHAPTER TWO

WHAT IS IT?

(Can·na·bid·i·ol)

CBD stands for Cannabidiol. A natural extract of the hemp plant that is both legal and non-intoxicating (No psychoactive or addictive effects.)

CBD is different from THC, which is the psychoactive component found predominantly in marijuana. Our CBD oil is derived from legally grown hemp in the EU, and has no trace of THC. THC will get you high. CBD won't. It's that simple.

There is a good deal of confusion around the word Cannabis. (Whenever we hear it we assume that people are talking about marijuana whereas in fact only a few plants in the Cannabis family contain high levels of THC.) At Grass & Co. we extract our CBD from hemp that is cultivated to be low in THC (<0.02%) and high in CBD.



PREMIUM QUALITY CBD

We take great care in sourcing the best ingredients from around the world. Our CBD suppliers grow organic Cannabis Hemp and use a natural process to extract the CBD. There are many factors in the cultivation and extraction process that can impact the concentration of CBD in the oil we use in our products - the amount of rain or sunshine during the growing season, the temperature and humidity levels at harvest time.

TESTING & MORE TESTING

We have partnered with the best suppliers of organic CBD oil in Europe. When they deliver our CBD oil it has already been lab tested and comes with a Certificate of Analysis confirming the exact concentration of that batch of CBD oil. We then alter the formulation of our products to ensure you are getting the exact amount of CBD in each bottle that it says on the label.

And we don't stop there. We have every batch of our CBD products independently lab tested to confirm that they contain the correct amount of CBD. You can see the Certificates of Analysis from these lab tests on our website on each of the product pages.



The team are extremely proud of the Grass & Co brand that we have grown and the products that we have developed. We want you to have the confidence to know that when you buy CBD products from Grass & Co., you know you're getting exactly what you have paid for. We will always be transparent about our ingredients and strive to continually improve our ethical sourcing.

Customers can shop with complete confidence knowing that our range is:



THC FREE



VEGAN FRIENDLY



ORGANIC



ETHICALLY SOURCED



MADE IN UK



NO PARABENS/SULFATES



FOREST FRIENDLY



LAB TESTED

We are rigorous in ensuring that the Grass & Co. standards and values are always upheld.



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DOSAGE GUIDE



10ml = 200 drops



$$\frac{500\text{mg of CBD}}{200 \text{ drops}} = 2.5\text{mg per drop}$$

$$\frac{1000\text{mg of CBD}}{200 \text{ drops}} = 5\text{mg per drop}$$



CHAPTER THREE

THE DOSE

Everyone is built differently and this means that no one size fits all when it comes to CBD dosing. At Grass & Co. our mantra is ‘start low and go slow.’ Starting with a lower dose and listening to your body allows you to assess how the CBD is affecting you.

CBD is not magic. It will not resolve your financial problems, heal your ailments overnight or reveal the path to enlightenment. It is merely a step in the right direction. A step that you can prepare for by eating well and making sure your body is well hydrated. We recommend taking CBD up to three times per day as needed.



START LOW &
GO SLOW



NOTE HOW
YOU FEEL



DECIDE THE DOSE
THAT WORKS FOR YOU





500mg of CBD

20 = 50mg of CBD

10 = 25mg of CBD

4 = 10mg of CBD

1 = 2.5mg of CBD

1000mg of CBD

1000mg of CBD = 20

500mg of CBD = 10

200mg of CBD = 4



5mg of CBD = 1

TINCTURES/ DROPS

Tinctures (also known as sublinguals) are direct and fast-acting. The CBD Oils are our best-selling format as they're our most effective product and taste great. Sublinguals enter through glands under the tongue and get to work quickly.

Our CBD oil comes in different strengths - our standard strength has 500mg of CBD per 10ml bottle and our higher strength has 1,000mg of CBD per 10ml bottle.

Shake well before use, then place the required number of drops of CBD oil under your tongue and hold them there for up to 90 seconds for maximum absorption and a longer lasting effect.

Once 90 seconds has passed, swallow the CBD oil. For 500mg strength oils, we do not recommend you exceed 30 drops per day. For the 1000mg strength oils we do not recommend more than 20 drops per day.





TOPICALS

CBD Topicals are great for soothing and relieving localised areas. Our Muscle Balms and Body Oils are perfect for massaging into aching joints and sore muscles. Topical CBD products are absorbed through the skin into your system (transdermally), but do not enter the bloodstream. This is why topicals are a great option for CBD beginners.

Made with all-natural ingredients, our pure topical oils and balms won't irritate sensitive skin, but will target specific areas in need.



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CHAPTER FOUR

QUALITY

Our premium product range has been specially blended using the highest quality organic CBD and therapeutic botanical ingredients. These unique botanical blends deliver well-known health benefits and also enhance the taste of the CBD for the most delicious, smooth flavour.

Our complete range delivers exactly what you need, when you need it, to cope with pain, anxiety and insomnia.

At Grass & Co., we believe that CBD should be a personal choice and should only be used in the most beneficial applications.



GUIDING PRINCIPLES

DIRECT APPLICATION

We want you to get the best benefits from the CBD in our products. We use CBD in consumable oils where it can be absorbed by your body, and topical applications, where it can interact with CBD receptors in your skin. We will not add CBD to bath salts, where it will be diluted and eventually go down the plug hole, or pillow sprays, where it will mostly soak into the fabric of your pillow.

PERSONAL CHOICE

We think that CBD should be a personal choice. Therefore we won't add CBD to our scented candles and room sprays, as this takes away the personal choice from others sharing your space.

We have included products like bath salts, pillow sprays and scented candles in our product range because we know that the same people that love the botanical blends in our CBD products also love how these other products can help balance their lives to enjoy a life enhanced by nature.





HEMP

HIGH CBD, LOW THC

NON PSYCHOACTIVE



MARIJUANA

HIGH THC, LOW CBD

PSYCHOACTIVE



CHAPTER FIVE

THE PLANT

The Cannabis family has several different breeds, yet it is most famously known for marijuana (“weed”), hence the confusion between hemp and marijuana. Hemp and marijuana are two varieties of the cannabis plant.

Marijuana has been cultivated to contain high levels of the intoxicating, Tetrahydrocannabinol (THC) compound that some people inhale or ingest for its trademark ‘high.’

Hemp on the other hand, is prized for the high levels of Cannabidiol (CBD) and other non-intoxicating compounds that people take to help lift their mood, calm their mind, reduce inflammation and relieve chronic pain. Beyond this, hemp is known to have over 25,000 different applications!





Humans have grown hemp for food, fabric and medicine since 8000 BC. A resilient, low impact crop, Hemp is the from the family 'Cannabis Sativa; which means 'cultivated (Sativa) Hemp (Cannabis).'

Hemp is best known as a source of fibre for making rope or twine but its flowers and seeds contain nutritious plant proteins and a broad spectrum of compounds that are beneficial to our health and wellbeing.

Defined a weed, it takes up relatively little space and grows prolifically with little water. Its dense canopy of leaves eradicates the need for pesticides and herbicides thereby reducing soil toxicity. It thrives in adverse soil conditions and its roots prevent soil erosion. Furthermore, industrial hemp readily absorbs more CO₂ than any other commercial crop or commercial forestry.



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CHAPTER SIX

QUESTIONS

IS CBD LEGAL?

Yes! CBD oil extracted from hemp is absolutely legal in the EU. While almost all cannabinoids are controlled substances under the Misuse of Drugs Act, CBD is not. Industrial hemp may be grown under licence. Hemp based products are legal in the UK as long as long as they do not contain more than trace elements of THC, which is a controlled substance under the Misuse of Drugs Act 1971.

CBD oil derived from Hemp (also known as Cannabis Oil or Cannabidiol) has soared in popularity and as many as 250,000 people now take it regularly in the UK alone. Grass & Co.'s CBD is extracted from the flowers of Hemp that is grown on farms in the European Union. After extraction Grass & Co.'s CBD oil is THC free which means that all our CBD products are legal to buy, consume and supply within the UK and the EU.



QUESTIONS

CAN YOU TAKE CBD WHILE TRAVELLING?

While CBD is legal throughout the E.U. we advise against travelling with it in case airport staff confuse it for an illegal cannabis product. We strongly advise against travelling outside of Europe with any CBD product.

WILL CBD SHOW UP IN A DRUG TEST?

No. CBD is not illegal and is not something that drug tests scan for. Professional athletes take note; WADA (the World Anti-Doping Agency) have specifically exempted CBD from the list of prohibited drugs, though THC remains prohibited.

While the law allows CBD products to contain trace elements of THC, the range of Grass & Co. CBD Oils contain a pure filtered form of CBD that is THC-free.



QUESTIONS

WILL CBD INTERACT WITH MEDICATION?

If you are taking strong medications we recommend you talk to your doctor or healthcare professional before beginning using CBD.

Grass & Co.'s CBD products are classified as food supplements, which is why you won't see us making any medical claims. As such we cannot discuss your ailments, symptoms or give medical advice.

Grass & Co. adhere closely to the UK regulations applied to the CBD industry. As a result, we never make unsupported health claims relating to CBD oil. But, we would urge you to try this legal and non-intoxicating product for yourself and to research online the wide-ranging benefits experienced by large numbers of regular users.



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CHAPTER SEVEN

CALL US!

Exceptional customer care is at the heart of everything we do.

We always love to hear from you and are here to help with all your questions about the Grass & Co. products, CBD and orders.

Please email us at:

hello@grassandco.com

or call us on:

+44(0)7584 050231)

(Anytime)

We'd love to hear how you're getting on with our products or if you have any questions about CBD.



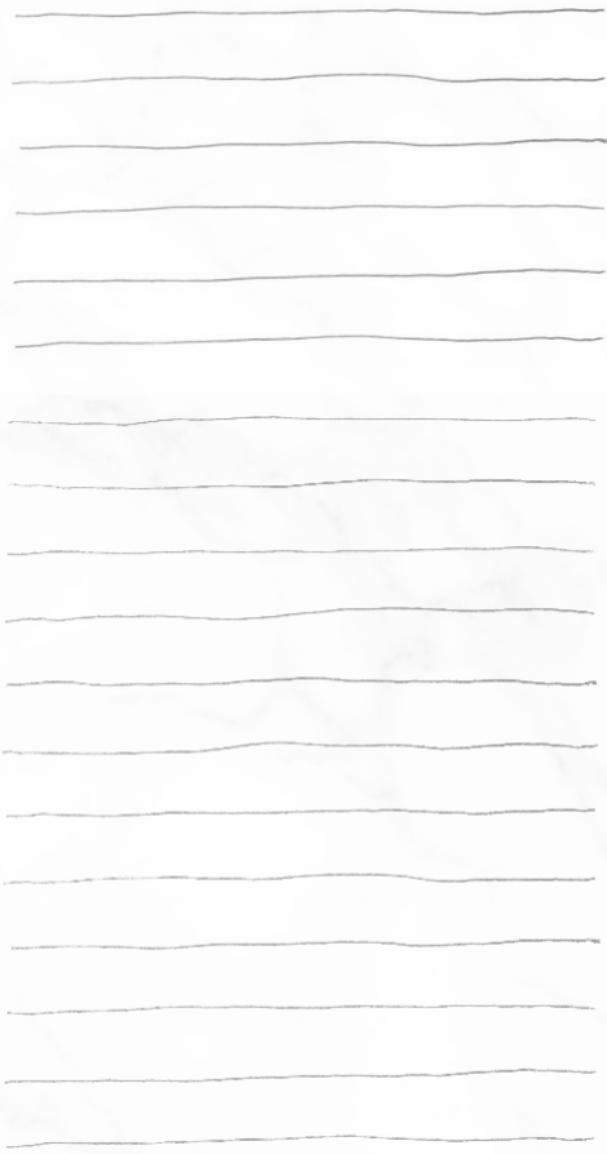
CHAPTER EIGHT

NOTES

Take some notes of your first week with CBD.
Write down how you feel and track your dosage.



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Handwriting practice lines for a child's notebook. There are two sets of five horizontal lines each, spaced evenly down the page. The lines are slightly wavy and irregular.

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12 HAMMERSMITH GROVE, LONDON W6 7AP, UK

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