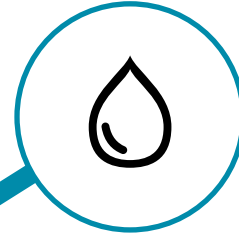


How to use CBD?

Cannabidiol, in short CBD, can be applied in a variety of ways. The method of use may depend on whether CBD originates from hemp. The most common ways of using CBD are:

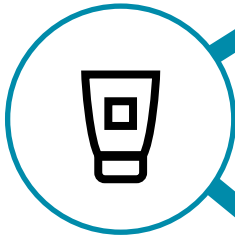
Oil Extract

CBD oil is an extract of either industrial hemp or the cannabis plant. This method is the most common method of consumption.



Topical Application

Some people prefer to apply CBD directly to the skin, for example by using a lotion or an oil.



Food

CBD can be added to cooked or baked goods resulting in a long-lasting effect. Also, there are foods with CBD available, such as Gummies or cooking oils.

