



CBD Oil vs CBD Isolate Oil

Basics of CBD

CBD (cannabidiol) is a compound that comes from the hemp plant. Hemp is just one variety of cannabis. Another variety of the cannabis plant is marijuana. While hemp and marijuana are both a type of cannabis plant, they contain different compounds, and in different amounts.

One of the biggest differences between hemp and marijuana is the amount of THC (tetrahydrocannabinol). THC is a compound that has psychotropic properties that create an altered mental state or a “high”. Marijuana can have as much as 35% THC, while hemp has almost none (less than 0.3% THC).

The process used to extract CBD from hemp determines whether it is “full-spectrum” or “isolate”. CBD isolate oil is pure, isolated CBD compound. Full-spectrum oil contains other active plant compounds, in addition to CBD. It may seem counter-intuitive, however it is generally accepted that full-spectrum CBD oil is more effective at treating the majority of medical conditions than CBD isolate. That’s because the isolate does not contain other elements that have beneficial properties.

CBD Oil (“Full-Spectrum Oil”)

Many people consider full-spectrum CBD to be more beneficial than isolate because of the compounds it contains. For instance:

- 20 Amino acids
- Thiamin
- Niacin
- Riboflavin
- Vitamin A
- Vitamin E
- Vitamin C
- Omega 3 fatty acids
- Beta-carotene
- Potassium
- Magnesium
- Calcium
- Phosphorus
- Iron
- Zinc

It is important to note that full-spectrum CBD also trace amounts of THC. While the trace amount is not enough to produce an intoxicating effect, it may be enough to trigger a positive result on a drug test.

CBD Isolate Oil (“Pure”)

While CBD isolate does not provide all the benefits of the hemp plant, it is free of THC. For some people, there may be benefits to taking CBD isolate oil without any THC.