

# WHAT TO KNOW WHEN BUYING



## KNOW WHAT YOU ARE REALLY BUYING

CBD comes in many different strengths and formulations. Look at the package to see how many milligrams (mg) of CBD, CBG, & CBN are in the product. A good rule of thumb is the more Cannabinoids (CBD, CBG, CBN) there is, the better it will work. Then verify the strength and purity of Cannabinoids in the product by reviewing the Certificate of Analysis (COA).

## KNOW IF YOU ARE GETTING THC

The legal limit of THC in non-prescription products is 0.3%. THC is what makes people feel “high”. Some Farmer & Chemist products contain THC, and some don’t.

All our products are 100% legal. At recommended doses, even with our THC products, you should just feel relief of symptoms without feeling “high”. Please be aware – taking any oral product with THC may show up on a drug test.

## KNOW YOUR EFFECTIVE CBD DOSE

There are many factors, such as age, weight, and metabolism that determine the right dose for each person. For oral CBD products, like tinctures and capsules, most professionals recommend at least 25mg per day of CBD. Added CBG & CBN can supplement the efficacy. Some people might need more than 25mg to get to their effective dose. Use our handy Dosing Chart to help you find your best dose. Using CBD daily will give you the best results. For topical applications use one to four times daily.

## KNOW YOUR CBD GOAL

Why are you using CBD? Is it to relieve pain, help get a better night’s sleep, or relieve your anxiety? Choose the best Farmer & Chemist product to give you the relief you want to achieve.

**TOPICALS** - perfect for sore muscles, achy joints, inflammation, and arthritis.

**ORALS** - great for sleep, anxiety and chronic systemic pain.

Take daily for best results

# KNOW ABOUT DRUG INTERACTIONS AND SIDE EFFECTS

CBD is safe and non-addictive, but it is a drug and may have some interactions with other prescriptions. The most common side effect by having too much CBD, is a feeling of lethargy or tiredness. CBD can interact with other drugs such as antiepileptics, antidepressants, and anticoagulants/antiplatelets. It's best to ask your doctor or pharmacist.

## KNOW THE REAL COST

Understanding how much you are paying per milligram is an excellent method to determine the value of your CBD purchase. Farmer & Chemist provides premium products at a value price. To calculate the price per milligram take the Retail price and divide it by total amount of Cannabinoids (CBD, CBG, CBN). At Farmer & Chemist, we strive to have the best formulations in the market, because this is a core philosophy, our products and pricing structures may shift. See the example below of how to calculate:

### STEADY GOING ORANGE YOU HAPPY

(Retail Price \$129.99) - CBD 1500mg, CBG 300mg, - \$0.07 per mg

### STEADY GOING NATURAL

(Retail Price \$95.99) - CBD 1000mg No THC - \$0.09 per mg

### YUMMY GUMMIES 24 COUNT

(Retail Price \$74.99) - CBD 35mg, CBN 5mg - \$0.08 per mg

### PROBLEM SALVED

(Retail Price \$119.99) - CBD 2000mg, CBG 400mg - \$0.05 per mg

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