

We are Holistic Hemp Scotland, dedicated to providing high quality CBD products throughout Scotland and beyond.

We work closely, and ethically, with our farmers to ensure standards are high from start to finish.

Directions For Use

Our **Full Spectrum Hemp Extract** has been created from specially selected organic hemp sourced at small artisan farms within the E.U.

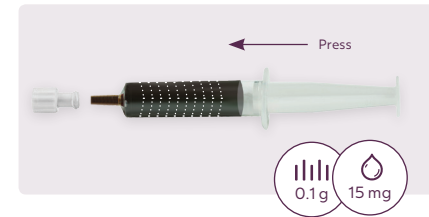
This product contains 15mg of CBD per 0.1g.

Step One



- Remove cap

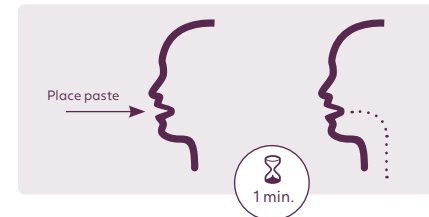
Step Two



- Press gently on the syringe to release the required amount. Use the scale on the side of the syringe which is marked in 0.1g increments.
- 0.1 gram of hemp extract paste contains 15mg of CBD. Please refer to dosage information.



Step Three



- Place paste under tongue.

Step Four



- Replace Cap



All of our hemp is grown organically, and sourced from farms within the E.U. We then use CO2 extraction to create our products, as this process ensures the vitality of all compounds.

Dosage Information

Using CBD is very individual and you should therefore find the level you are comfortable with. The recommended daily intake of CBD is 200mg.

Gram	CBD Content	Percentage of RDA
0.1g	16 mg	8 %
0.2 g	32 mg	16 %
0.3 g	48 mg	24 %
0.4 g	64 mg	32 %
0.5 g	80 mg	40 %
0.6 g	96 mg	48 %
0.7 g	112 mg	56 %
0.8 g	128 mg	64 %
0.9 g	144 mg	72 %
1g	160 mg	80 %

What else is in my product?

Cannabinoids

Cannabinoids are naturally occurring compounds found with the Cannabis plant.

Cannabinoid Profile	%
CBC - Cannabichromene	0.36
CBD - Cannabidiol	13.08
CBDA - Cannabidiolic acid	3.09
CBDV - Cannabidivarin	0.71
CBDVA - Cannabidivarinic acid	0.07
CBG - Cannabigerol	0.11
CBGA - Cannabigerolic acid	ND
CBN - Cannabinol	0.34
CBCA - Cannabichromenic acid	0.23
9-THC - Delta ⁹ -tetrahydrocannabinol	0.04
THCV - Tetrahydrocannabivarin	ND
THCVA - Tetrahydrocannabivarinic acid	ND
8-THC - Delta ⁸ -tetrahydrocannabinol	ND

Terpenes

There are also naturally occurring floral and fragrant compounds called Terpenes. Please visit our website for further educational information.

Terepene Profile	Mg/g
Alpha-Pinene	0.43
Myrcene	ND
Delta-3-carene	ND
alpha-Terpinene	ND
Limonene	0.08
p-Cymene	0.04
Gamma-Terpinene	0.10
Terpinolene	0.03
Beta-Caryophyllene	1.57
Humulene	0.79
Nurolidol	0.01
Caryophyllene oxide	1.61

Explanation of symbols on the packaging



Store in a cool, dry place



Keep out of reach of children



Do not take this product if you are pregnant or lactating



This food supplement should be taken as part of a varied diet and healthy lifestyle.



Do not exceed the recommended daily dose.



Product may compress or expand depending on storage temperature.



Auchentiny Cairn Road
Northmuir, Kirriemuir DD8 4PW
01575.520.272
info@holistichempscotland.com