

# Hemp Products vs CBD Products: The REAL Difference

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With the passing of the 2018 Farm Bill, more and more states are opening their doors to hemp and CBD products.

In response, vendors are innovating their stock so that users can enjoy their CBD in a number of ways. Some of the most popular goods include CBD Gummies, hemp flower cigarettes, full-spectrum hemp oil, and pure CBD isolate.

However, there's still a lot of confusion surrounding CBD and hemp, and even the well-informed consumer is left with many questions.

For instance, what's the difference between hemp and CBD merchandise?

Can “hemp products” and “**CBD products**” be referred to interchangeably? Not exactly. In this guide, you'll see why.

First, let's talk about the basics: the differences between hemp and marijuana.

## Hemp vs Marijuana

So what's the difference between hemp and marijuana?

While these two plants are related, they do share some major differences.

One of the biggest differences is the THC amount.

THC, short for tetrahydrocannabinol, is a phytocannabinoid known for creating an intoxicating effect. It does this chiefly by triggering a rush of dopamine and can potentially foster a sense of euphoria.

Marijuana is known for possessing THC in high concentrations. This varies widely with each strain, but more than 10% is considered "high THC." Some strains can actually hold over 20%.

On the other hand, industrial hemp is known to carry far less THC by comparison.

In fact, one of the few current regulations of hemp in the U.S, involves THC count. Hemp strains and hemp products must have a THC count of up to 0.3%.

Why are hemp items becoming so popular? Let's start answering this question by taking a closer look at hemp.

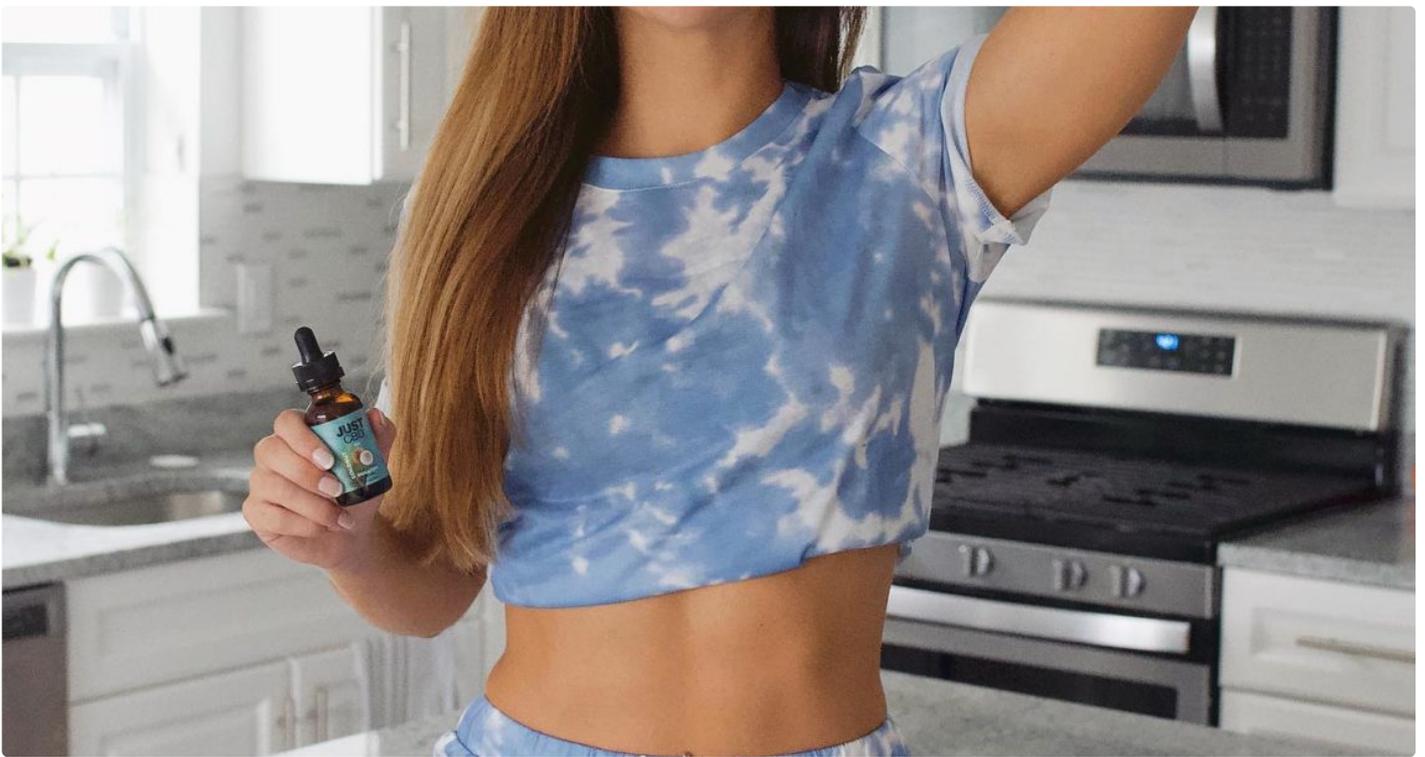
## **Hemp: Its Uses and What It's Made Of**

If you've ever wondered exactly what hemp even is, you're not alone.

Hemp, also known as cannabis sativa, is a highly versatile plant that we humans have used for over 10,000 years. Evidence of its use has been found in a vast range of civilizations, including China, Rome, and native tribes of the Americas.

Even today, hemp is grown all over the world for a number of uses. For instance, its stems are made into fibers, which can be made into fabric for clothes, rope, paper, and furniture coverings. Meanwhile, the seeds make a delicious salad topping that's rich in protein and healthy fats.

But this is just scratching the surface with hemp products.



## CBD: Hemp's Secret Weapon

In the past few years, hemp's cultivation has skyrocketed because of one particular compound it possesses: cannabidiol, also known as CBD.

CBD is an incredibly unique compound, mainly because of the way it interacts with our bodies and minds.

Specifically, humans (and many animals) have what's called an endocannabinoid system, or ECS, which plays a major role in managing stress and relaxation.

Whenever these factors are invoked, the ECS releases what are known as cannabinoids.

How does this relate to CBD?

Interestingly, CBD works almost exactly like the cannabinoids our bodies make, and that's why CBD is known as a phytocannabinoid or a "plant-derived" cannabinoid.

This is important because growing research has suggested that CBD offers a number of benefits for the body, as well as the mind. As a result, CBD's puts users' systems at ease.

So, you've probably seen "**CBD products**" and "hemp products" and wondered if there's a difference between the two.

The answer is yes. First, it helps to understand what makes them similar.

Both CBD and hemp merchandise comes from the oil extracted from industrial hemp. It's also good to realize that both hemp and CBD merchandise contains CBD.

The real difference between hemp and CBD items for sale lies in the amount of CBD and other

elements that they contain.

News flash: Hemp is good for much more than CBD!

Let's take a deeper look at hemp-derived goods.



## Hemp Oil & Hemp Products

When an item's marked as a "hemp product," and it's not fiber-based textile or rope, this generally means that it was made with hemp oil.

Hemp oil is a whole-plant extract, typically derived from the stalk or seed of hemp plants. That's why hemp oil doesn't just possess CBD.

As mentioned, hemp oil contains all of hemp's compounds. Just a few of these compounds include a wealth of phytocannabinoids, including CBG, CBN, and yes, a small amount of THC. There is also a plethora of other components, such as terpenes, which provide their own benefits and aromatic qualities. Then there are flavonoids that supply your immune system with powerful antioxidants.

When something is made with all these natural compounds, we call it "full-spectrum." Meanwhile, "broad-spectrum" hemp oil is almost exactly the same. It contains all of those same components except THC, which is completely removed.

Seeing your hemp product marked as broad spectrum or full spectrum is important, as it helps distinguish from pure "hemp seed" oil.

Hemp seed oil comes from hemp, but as the name suggests, it's derived from the seeds of the plant. Unlike the stem, leaves, or flowers of hemp, the seeds contain little to none of the aforementioned phytocannabinoids. In other words, hemp seed oil has almost no CBD.

Hemp seed oil contains some serious nutritional benefits, thanks to its concentration of gamma-linolenic acid, and antioxidants, as well as omega-6 and omega-3 fatty acids. In other words, hemp seed oil is a superfood in its own right.

## CBD Oil & CBD Products

Now that we have some foundation with what hemp is, and what exactly hemp-based products offer the body, let's talk about CBD.

Here's the thing about CBD we need to understand: It is almost always extracted from hemp. Sometimes it's taken from cannabis, but this is less common because it's not yet legal in all 50 States. At the same time, cannabis doesn't have as much CBD as hemp.

Ultimately, the best **CBD oil** is just CBD, which has been isolated and extracted from the plant. There are no other phytocannabinoids, terpenes, or flavonoids that are typically found in full-spectrum or broad-spectrum hemp oil.

Pure CBD products tend to have the purest, highest concentrations of CBD. Many people find them to be more effective than full-spectrum or broad-spectrum hemp oil. They are also flavorless and odorless, making them ideal for those who really don't care for the dank taste and smell often associated with hemp oil.