



# BLACKSEA

## HEMPLIFE

### PATIENT LEAFLET

Standard CBD Oil® 5%  
FOR ADULTS

**Presentation:** 10 or 20 ml amber glass bottle with spray head.

**Ingredients:** Ecological certified hemp seed oil and standardized euGMP certified CBD extract, purity 99.8%.

**Does not contain THC.**

**Read this leaflet patiently before you start using Standard CBD Oil®, as it contains important information.**

This product is for you only

- Are you uncomfortable with one or more of the side effects listed in column 5?
- Or do you have side effects that are not listed in this leaflet?
- Please contact [www.blackseahemplife.com/vigilance](http://www.blackseahemplife.com/vigilance).
- Do you have any other questions?  
Please see [www.blackseahemplife.com/FAQ](http://www.blackseahemplife.com/FAQ).
- Keep this leaflet. You may need to refer to it during use.

#### Contents of this leaflet:

1. What is Standard CBD Oil®?
2. What is Standard CBD Oil® used for?
3. How do I use Standard CBD Oil®?
4. When are you not allowed to use Standard CBD Oil® and why should you be aware.
5. What are the potential side effects when using Standard CBD Oil®?
6. Can I use Standard CBD Oil® in combination with other medication?
7. How do I store Standard CBD Oil®?
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#### 1. What is Standard CBD Oil®?

Standard CBD Oil® consists of two ingredients:

1. Ecological Hemp Seed Oil.
2. Standardized CBD extract from the dried flowers of the female plant *Cannabis Sativa L.*, popularly, purity 99.8%, GMP certified.

*Cannabis Sativa L.* is a hemp variety, specific to the central European area (origins Romania), that contains a series of compounds called phytocannabinoids. (cannabinoids of plant origin) The extract used in the formulation of Standard CBD Oil®, is calibrated to contain CBD or Canabidiol in a proportion of 99.7%, CBG or Canabigerol of 0.3%. Standard CBD Oil® does not contain Δ9THC, the psychoactive compound found in *Cannabis Sativa L.*

#### 2. What is Standard CBD Oil® used for?

Once you start using Standard CBD Oil®, it's important to understand its effects on the human body. Therefore, let's define the newly discovered human endocannabinoid system or ECS.

This system is actually a network of cannabinoid receptors that work with cannabinoids. The scientific community has identified two main receptors, called CB1, more concentrated

in the brain and central nervous system, and CB2 receptors that are more abundant in the immune system, tissues and organs. The endocannabinoid system is present in all mammals around the world, being very important for survival.

Cannabinoid receptors are found on the surface of cells, "listening" to the signals that are transmitted in the body. Thus, they monitor the changes that take place in the body, transmitting signals when new changes occur. In other words, they help maintain homeostasis, a phenomenon that regulates the conditions in the body like temperature, mood, body hydration, levels of blood sugar, etc. Just as plants produce phytocannabinoids, so does the human body produce endocannabinoids, its own cannabinoids, one being Anandamide. These molecules are created every time we need them, usually in response to changes in the body, binding directly to CB1 and CB2 receptors.

With all this information, we will also need to define how the phytocannabinoids in Standard CBD Oil® are interacting with our body's endocannabinoid system.

Low concentrations if CBD binds directly to ECS, having a preference for CB1 receptors in the brain. Just like endocannabinoids produced in the body, CBD also has an indirect influence, stimulating ECS and helping to produce endocannabinoids in the body. Thus, it leads to a better functioning of the ECS system, which in turn influences the well-being of the body.

Patients and doctors also reported positive effects on a number of other conditions, including Crohn's disease, ulcerative colitis, epilepsy, itching, migraine, rheumatism, Psoriasis, Rheumatoid arthritis, ADHD and brain trauma. However, these positive effects must be confirmed by scientific research. **For more information, visit [www.blackseahemplife.com/vigilance](http://www.blackseahemplife.com/vigilance).**

Currently, Standard CBD Oil® does not cure the conditions mentioned above, but it can alleviate the symptoms associated with them. It can also allow other medicines to be taken at a lower doses and reduce their side effects. It is up to doctors to determine whether treatment with Standard CBD Oil® could be beneficial for a patient, given his diagnosis and circumstances. In this respect, they are not limited to the list of conditions given above.

#### 3. How do I use Standard CBD Oil®?

It is recommended to start with a low dose. If the effect is insufficient, you will gradually increase the dose after consulting the next dosing schedule.

1 puff of Standard CBD Oil® 5% under the tongue delivers 10mg of CBD into the bloodstream. The absorption of active substances is achieved in the strongly vascularized oral mucosa (under the tongue), so it is recommended to hold the oil under the tongue for about 1-3 minutes and then swallow. If the effect is insufficient, gradually increase the number of puffs. Usually up to 50 puffs of oil a day are well tolerated. Dose and effects may vary individually depending on bodyweight.

#### Example of an incremental dosing schedule:

- Day 1-2: 1 puff, 2-3 times a day
- Day 3-4: 2 puffs, 2-3 times a day
- Day 5-6: 3 puffs 2-3 times a day
- Day 7-8: 4 puffs 2-3 times a day
- Day 9 and beyond: in consultation with your doctor.

#### What is the duration of the effects of Standard CBD Oil®?

When Standard CBD Oil® is applied under the tongue, the effects will appear quickly (usually within 15 minutes). The maximum effect is usually obtained after 2-3 hours and lasts 4-8 hours of wear. It takes 4-5 days to remove all the active components from the body.

#### How long should I use Standard CBD Oil®?

Use Standard CBD Oil® as long as symptoms persist, if you do not notice relief of symptoms after 1-2 weeks, consult your doctor or pharmacist for a stronger concentration like Standard CBD Oil® 10% or 20%. A break every 30 consecutive days of use is also recommended.

#### Did you use too much Standard CBD Oil®?

Very high doses are tolerated well by the body and the effect is temporary and lasts 4-8 hours.

#### What should I do when I miss a dose?

It's fine. If you use this medicine once a day, take the missed dose and wait 8 hours before taking the next dose. If you use this product twice a day, take the missed dose and wait 4 hours before taking the next dose.

#### 4. When are you not allowed to use Standard CBD Oil® and why should you be aware?

You are not allowed to use Standard CBD Oil® if you have long or congenital QT syndrome in a psychotic condition. Oil should be avoided with Brugada syndrome, as this can lead to an abnormal ECG. Caution should be exercised in patients diagnosed with other health disorders like cardiac arrhythmia, angina pectoris and ischemic disease. In all these cases, consult your doctor or pharmacist before use.

**Pregnancy and breast-feeding.** Continued use of Standard CBD Oil® during pregnancy will affect the fetus as certain components of cannabis - such as CBD - enrich breast milk. Human breast milk contains naturally occurring endocannabinoids like Anandamide. Therefore, the consumption of Standard CBD Oil® is recommended only under the doctors supervision during pregnancy and lactation. For more information, consult your doctor or pharmacist.

**Food and drink interactions.** Avoid drinking grapefruit juice, as this can slow down the metabolism of the active components of Standard CBD Oil®. The earthy taste, if necessary, can be neutralized by eating olives or a slice of banana after applying the drops under the tongue.

**Alcohol consumption.** Combining Standard CBD Oil® with alcohol increases the intensity and duration of the effects of alcohol. Therefore, reduce alcohol consumption and preferably avoid total alcohol consumption when using the Standard CBD Oil®. Driving vehicles and heavy equipment. Using Standard CBD Oil® daily, you are allowed to drive or operate machinery as it does not contain THC, the psychoactive substance in *Cannabis Sativa L.*

**Using Standard CBD Oil® abroad.** The use of cannabis is subject to the restrictions set out in the European legislation. This means that you must follow each country's legislation when using Standard CBD Oil® while traveling. If you are traveling to a country outside the Schengen area, you must contact the embassy or consulate of the country for permission to take Standard CBD Oil® with you. You should allocate a generous amount of time processing your application.

#### 5. What are the potential side effects when using Standard CBD Oil®?

In addition to the desired effects, Standard CBD Oil® can also cause unwanted side effects. These side effects usually go away after 6 to 8 hours. In general, patients tolerate the oil well. A low dose often provides sufficient relief, so side effects are rare. When they do, it is usually the result of a high dose or use combined with a substance such as alcohol, that intensifies side effects. Standard CBD Oil® is not addictive. It's also non-toxic, which means you can't overdose on it even if you try.

#### The most important side effects are:

**Regularly.** Sensation of tiredness. Many people use it to treat insomnia, so it's no surprise there. These people are advised to take CBD only late at night before bed, and not during the day to prevent unwanted drowsiness. **Sometimes.** Lowering blood pressure through the mechanism of relaxation of blood

vessels. Anyone with a known, pre-existing heart condition associated with low blood pressure should consult their doctor before starting to use Standard CBD Oil®.

**Rarely.** Fluctuations in appetite and body weight, mostly weight loss. Soft stool, dehydration and weight loss.

#### 6. Can I use Standard CBD Oil® in combination with other medication?

The drugs that cause the most significant interactions with Standard CBD Oil® are drugs that reduce reaction times. Do not drive when using 2 or more medicines that reduce the reaction time. Some medications may cause interactions with Standard CBD Oil®. Grapefruit juice should be avoided while taking Standard CBD Oil®. If you use anticoagulants such as Acenocoumarol, you are only allowed to use cannabis oil if you are under the supervision of your doctor. Standard CBD Oil® has potential interactions with Phenytoin and Carbamazepine. This combination is only allowed when you are being monitored by a neurologist. Your pharmacist will check if Standard CBD Oil® is compatible with the rest of your prescribed medicine.

#### 7. How do I store Standard CBD Oil®?

**DO NOT** store cannabis oil within reach and sight of children. After opening cannabis oil, store in the refrigerator (2-8° C). **DO NOT** use Standard CBD Oil® after the expiration date found on the label on the package. Ask your pharmacist what to do with the unused Standard CBD Oil®.

#### 8. Additional information

What compounds are in this product?

- The active compounds in cannabis oil are CBD (Cannabidiol), CBDA (Cannabidiolic Acid) and CBG (Cannabigerol). See the label to see which are the active compounds present in CBD® Standard Oil.
- The other compound in this product is raw organic hemp seed oil. Refer to the CBD® Standard Oil Nutritional Information.

Standard CBD Oil® is a golden light green to a dark green oil with an earthy and nutty flavour.

### 9. Quality Assurance Report

#### CANNABINOIDS

No	Analysis	Method	Technique employed	UM	Method limits	Values obtained
1.	CBD contents	MA-2020-032	LC-MS/MS	%	5 ± 0.1	5.23
2.	CBDA contents			%	0.2±0.1	< 0.03*
3.	CBG contents			%	0.2±0.1	< 0.03*
4.	CBGA contents			%	0.2±0.1	< 0.03*
5.	CBDV contents			%	0.2±0.1	< 0.03*
6.	CBN contents			%	0.2±0.1	< 0.03*
7.	CBC content			%	0.2±0.1	< 0.03*
8.	Δ 8-THC content			%	0.2±0.1	< 0.03*
9.	Δ 9-THC content			%	Max. 0.2	< 0.03*
10.	THCA contents			%	Max. 0.2	< 0.03*

#### HEAVY METALS

No	Analysis	Method	Technique	UM	Limits	Values
1.	Arsen content	Ph. Eur 2.2.58 Current edition MA-2020-004	ICP-MS	ppm	0.1	< 0.1*
2.	Cadmium content			ppm	0.05	< 0.05*
3.	Lead content			ppm	1.0	< 0.1*
4.	Mercury content			ppm	0.5	< 0.1*
5.	Copper content			ppm	6.0	< 0.1*
6.	Nickel content			ppm	.	< 1.0*
7.	Iron Content			ppm	.	< 3.5*

#### PESTICIDES

No	Analysis	Method	Technique	UM	Limits	Values
1.	Conținut de: Acephate, Acetamidrid, Aldicarb, Azoxystrobin, Bifenazate, Carbaryl, Carbofuran, Etoxazole, Fenoxycarb, Fenpropizimate, Hexythiazox, Imidacloprid, Methomyl, Paclobutrazol, Propoxur, Spiroxamine, Thiamethoxam	Ph. Eur 2.2.58 Ediția curentă MA-2020-004	ICP-MS	ppm	0.1	< 0.1*

\*demo purposes only table, visit [www.blackseahemplife.com/COA-5](http://www.blackseahemplife.com/COA-5) for a copy of Certificate of analysis from:

