

MIAMI RAVE

THE COMPLETE BEGINNER'S GUIDE FOR THE CBD USER



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INTRODUCTION TO CBD

There are more than 113 naturally occurring active compounds found in industrial hemp plants which are called cannabinoids. CBD or cannabidiol is one of those compounds.

The cannabinoid most associated with marijuana is tetrahydrocannabinol or THC, which has intoxicating effects on the user. This is the compound that makes people “high” or have feelings of dysphoria and sluggishness. CBD has none of these effects.



HOW DOES CBD WORK?

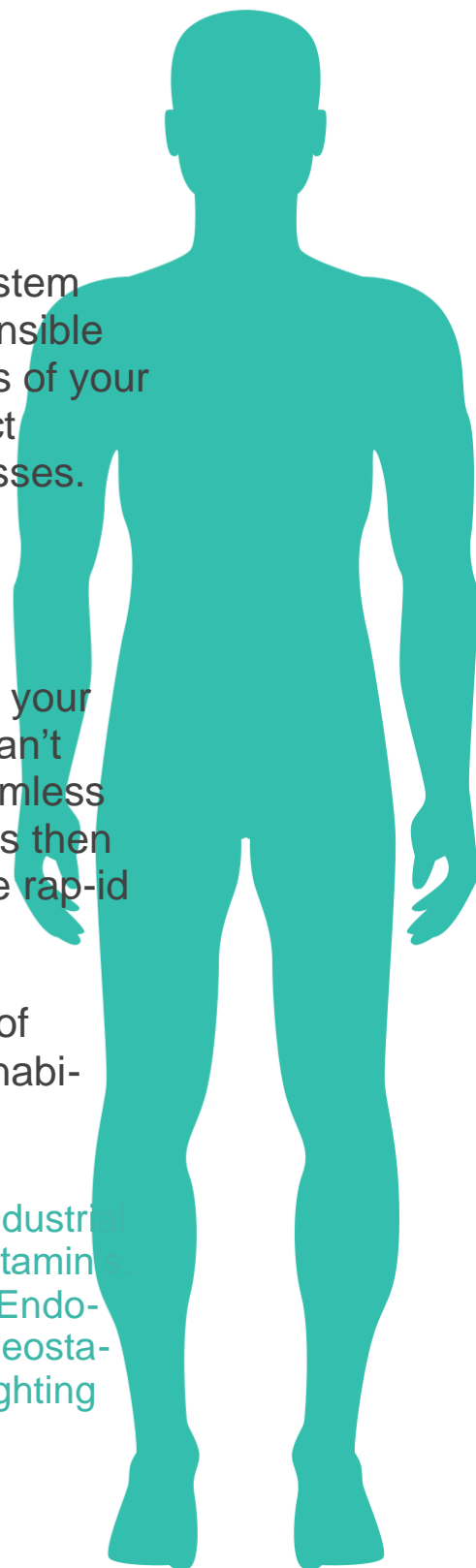
First, we have to look at your Endocannabinoid System (ECS). It's a network of cell receptors that is responsible for maintaining and regulating various key functions of your body. The ECS in full working order leads to perfect homeostasis or an equilibrium in your bodily processes.

A healthy intake of omega-3 fatty acids aids the production of endocannabinoids.

However, experiencing injury, stress or illness puts your ECS under attack. Under these circumstances, it can't produce enough endocannabinoids to process seamless communication between your organs. Your systems then go out of balance, which eventually leads to a more rapid deterioration.

There are many scientists who believe that a slew of medical conditions can be traced back to endocannabinoid deficiencies.

CBD, which is a cannabinoid that is extracted from industrial hemp plant, is taken for purposes much like a daily vitamin. It is meant to strengthen our system, particularly the Endocannabinoid, to boost our faculties and maintain homeostasis. Taking CBD as a supplement gives the body a fighting chance when it's under the stress of daily ailments.



THE HISTORY

A brief history of hemp and its versatility

Page 1

People have been planting and harvesting hemp for many ages. Evidence of it being used as textile material can be dated back to ancient Mesopotamia back in 8,000 BC. It's widely believed that Europe started using hemp extensively in 1,200 BC. Hemp quickly then became a basic domesticated crop among almost all ancient civilizations.

Hemp seeds were first introduced to Colonial America by the Puritans. They cultivated it to be used on British sailing vessel sails, caulk, and ropes. Because the need for hemp started skyrocketing, British colonies were mandated to grow hemp to accommodate the rising demand.

Even Presidents Washington and Jefferson grew hemp on their lands. Hemp was fast becoming indispensable because a few colonies started using it as legal tender. If you didn't grow hemp on your land, you would be penalized for it.

The demand for hemp was so high that it started to threaten other industries like oil, paper, and pesticides. People whose livelihoods depended on these other industries were starting to rile against hemp, making a campaign associating it with marijuana.



THE HISTORY

A brief history of hemp and its versatility

Page 2

The government's response to this was the Marijuana Tax Act, implemented in 1937. Its aim was to limit marijuana use by imposing tight licensing restrictions and large taxes on those who want to continue cultivating hemp. This resulted in hefty financial burdens on the part of the farmer, making industrial hemp not as profitable as it was before even though hemp and marijuana are separate plants with different characteristics.

Things got even more complicated in 1970 when the Controlled Substance Act went into effect. Cannabis, which is the umbrella term for all these plants, was considered a Schedule I drug. Because of this generalization, growing industrial hemp without a permit became illegal in the US. Industries then started importing hemp because they could no longer grow it themselves.

The 2014 Farm bill made it a lot easier for research programs to grow and study hemp once again, preparing the country for production. Four years later, the cultivation of industrial hemp became legal all over the United States. Because CBD product manufacturers don't have to rely on imports anymore, the locally grown hemp farms are booming again and contributing greatly to our economy.

The newfound interest in hemp helped scientists rediscover what people from the past loved about this miraculous crop. And due to the advancement in technology that we enjoy today, we have a better grasp on why hemp fibers are so durable and what kind of nutrients can be extracted from hemp seeds. Naturally, the healthcare aspect of hemp is now being given the attention that it deserves.

CBD ISOLATE

Planting to Production



1. Planting of hemp seeds

Industrial hemp seeds are cultivated outdoors on US soil. The conditions are temperate and we use non-GMO farming processes, so everything is organic.



2. Reaping of hemp plants

Our strain of industrial hemp is grown for its high CBD content while having other minor cannabinoids. The THC content is less than 0.3%, a dismissible amount. During the harvest, the plants are slightly taken out of the soil to better expose their aerial parts. These are the parts that are taken to our extraction facilities.



3. Extracting CBD and other cannabinoids with organic ethanol

Our gathered hemp biomass is then introduced to high-grade organic ethanol to extract CBD and other essential components from the plant. This process is highly efficient and we're able to extract pure cannabinoids.

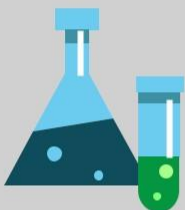
4. Decarboxylation and Winterization

We cool the oil at exceedingly low temperatures through a process called winterization. We do this to separate the waxes and natural fats from the oil itself. This is necessary to make the formulation process easier and to improve the overall quality of the finished product. We then heat the oil at very high temperatures through a process called decarboxylation. This is to convert the inactive CBD-A molecules to activated ones.



5. Distilling the extracted hemp material and isolating the CBD

Once we have extracted all the essential components that we need, we distill it to separate the flavonoids, terpenes, and cannabinoids. We also do this to get rid of unwanted matter like chlorophyll.



Finally, when we have separated the cannabinoids. We segregate the CBD to get pure CBS Isolate for our products.



6. Final product: Goods containing CBD Isolate

Miami Rave CBD has various Hemp Derived Pure CBD Isolate products you can choose from. These products include soft gels, tinctures, and powder.

WHAT IS THE DIFFERENCE BETWEEN HEMP AND MARIJUANA?

A lot of people confuse hemp and marijuana because both pertain to the cannabis plant and the derivatives extracted from it. To make things a lot clearer, here's a simple way to distinguish the two from another:

Hemp and Marijuana are both Cannabis, but Hemp is rich in CBD and contains less than 0.3% THC. Marijuana on the other hand is rich in THC.

Industrial hemp, defined by the federal government, includes the plant *Cannabis Sativa L.*, provided that the tetrahydrocannabinol (THC) concentration doesn't go over 0.3% based on dry weight.

So according to Sec. 7606 stated in the 2018 Farm Bill, anything that has a THC concentration of more than 0.3% is no longer considered industrial hemp. At [Miami Rave CBD](#), we fully abide by this rule, so all our products come from crops that conform with it completely.

CANNABIDIOL (CBD)

Mainly extracted from hemp
Doesn't get you "high"
(no intoxicating effects)
Used for the improvement of health and wellness

TETRAHYDROCANNABINOL (THC)

Mainly extracted from marijuana
Gets you "high" (has intoxicating side effects)
Used for medical and recreational marijuana products

EXPLAINING THE ENDOCANNABINOID SYSTEM

Now that you have a better grasp on how hemp is different from marijuana, let's explore why CBD products are gaining more popularity these days. All the positive effects that are attributed to hemp is related to its CBD content and how it boosts your endocannabinoid system. Like we mentioned before, this system is responsible for regulating critical processes in your body.

The receptors and messengers (neurotransmitters) that make up the network that is your endocannabinoid system is much like the rest of your body - it

deteriorates with stress and aging. Putting your body through injuries and illness produces a lot of enzymes that target this very network. Your body is not always able to produce an adequate amount of neurotransmitters all the time. This causes failure in communication between all your bodily functions.

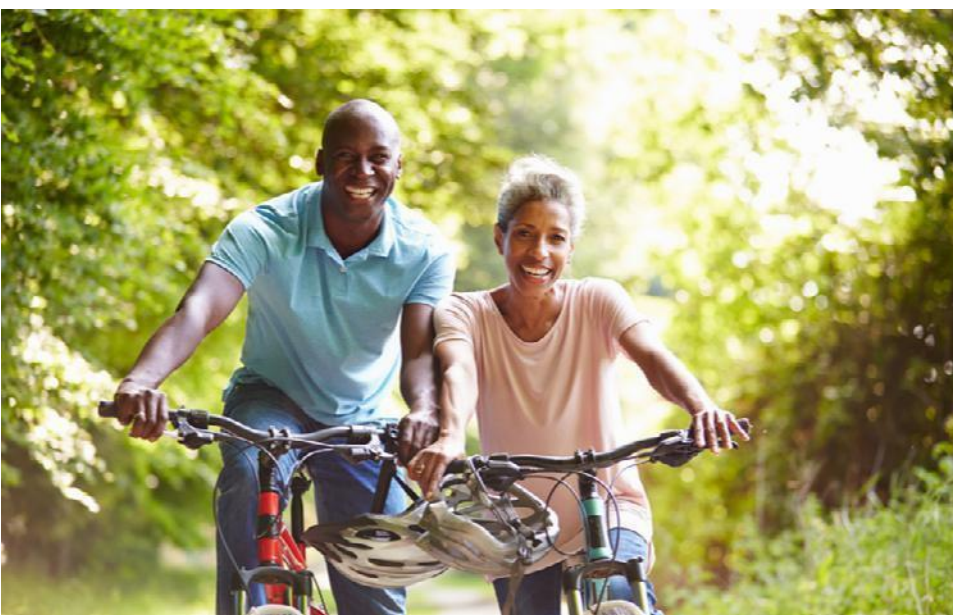
Naturally, it would be better if your endocannabinoid system is always up and running, maintaining a healthy balance no matter much stress you put your body under. However, we all know that the body is subject to

adversities every once in a while in way of infections and various ailments.

Whenever this happens, your endocannabinoid system is thrown for a loop and becomes unstable. Your systems then have a harder time communicating with each other, resulting in poorer general health.

It's not discussed nearly enough, how important the endocannabinoid system is. Many scientists believe that an unbalanced one is the root cause of many common health problems that we face today. This is where CBD proves to be extremely useful.

CBD fills in the gaps when the body cannot produce enough neurotransmitters. It also positively influences the receptors that the body manages to produce. This is why there has been a lot of talk about CBD products. They work wonders for people's overall health and wellness.



DOES CBD HAVE ANY SIDE EFFECTS?

We at Miami Rave CBD believe in transparency with our products. We want consumers to know whether or not CBD as a health supplement product has potential drawbacks. It might inter-est you to know that studies dating back from four decades ago prove that CBD has very little side effects that might affect the user. Overall, it's virtually safe for consumption even in large amounts.

Let's take a closer look at these studies throughout the decades and discuss their findings to learn just how safe CBD is and if it's a good fit for your lifestyle.

1980

**PHARMACOLOGY
STUDY**

Fifteen patients with epilepsy and eight volunteers of good health were observed for a study in Pharmacology. This study's aim was to evaluate the daily consumption of CBD and to see if it has any side effects on these particular subjects. On January 3, 1980, reports were published stating that all the participants were able to tolerate CBD, and upon examination, no signs of toxicity were detected in their systems.

1986

**INTERNATIONAL
JOURNAL OF
NEUROSCIENCE**

This study was conducted on five patients, all of whom were orally given cannabidiol in doses of 100mg to 600mg every day. These patients were suffering from dystonic move-ment disorders. While administering the cannabidiol showed specific benefits, it did also uncover a bunch of side effects of CBD. The patients reported dry mouth, lightheadedness, hypotension, sedation, and psychomotor slowing.

However, it's worth noting that two patients who were given more than 300mg doses of CBD were also suffering from Parkinson's disease and the CBD flared up their symptoms. Eventually, a study conducted back in 2014 and published in the Journal of Psychophar-macology states that patients with Parkinson's disease who take in healthy doses of CBD regularly shows an increase in their quality of life.

2006

**INVESTIGATIONAL
MEDICINE AND
BIOLOGY**

Prior to 2006, no one knew that there are cannabinoid receptors in our salivary glands. Until a group of scientists from Argentina hypothesized that that may be the case. Their theory proved to be true when they tested CBD users and their experience with the substance. CBD users report dryness in the mouth or what's commonly known as "cotton mouth."

They discovered that the secretion of saliva lessens when CBD works with the endocannab-inoid system, hence leaving people with a parched feeling.

2011

**A STUDY ON
CANNABIDIOL**

One of the more recent studies conducted back in 2011 shows that CBD is linked to the alteration in vitro cell viability and decline in fertilization capacity because of reduced p-glycoprotein production.

It also relates to hepatic drug metabolism. To explain this, ask yourself if you've ever been advised not to consume grapefruit by your pharmacist or doctor. CBD has the same effect on the P450 the way grapefruit does. The P450 is an enzyme that your liver produces. When you take CBD supplements or eat grapefruit, this disables the P450, making the body incapable of metabolizing medication. This also goes into why the effects of THC can be counteracted by CBD.

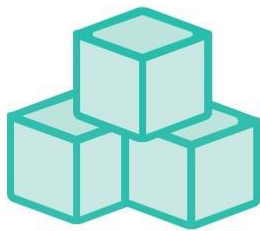
SUGGESTED DOSAGE FOR CBD PRODUCTS

How much CBD is in our products?

- We've provided the dosage information for all [Miami Rave CBD](#) products below. It's important to point out that results vary from person to person, and the recommended dosage depends on the individual. In general, we suggest that you start with 5 to 10mg of CBD. Then you have to wait for up to 4 hours to see if you need any more. Ideally, the average person may take 30 to 60mg of CBD per day.
- We can't say how much CBD you're going to need for you to get your desired effects because it's all subjective. However, we can provide you with information about the cannabidiol content per serving in our products. To be certain about how much CBD you're supposed to take, it's always best to consult your healthcare provider.

CBD Oil Tinctures

PRODUCT	BOTTLE VOLUME	TOTAL CBD	DOSE PER SERVING
Charlotte's Web	30 mL	500 mg	12.5 mg
Mint Mojito	30 mL	500 mg	12.5 mg
Vanilla Chamomile	30 mL	500 mg	12.5 mg
Strawberry Lemonade	30 mL	500 mg	12.5 mg
Wildberry	30 mL	500 mg	12.5 mg
Relief	30 mL	750 mg	18.75 mg



CBD Gummies

PRODUCT	BOTTLE VOLUME	TOTAL CBD	DOSE PER SERVING
Variety Pack	10 pieces	100 mg	10 mg
Raspberry	10 pieces	100 mg	10 mg
Orand Dreamsicle	10 pieces	100 mg	10 mg
Strawberry Fields	10 pieces	100 mg	10 mg
Wildberry	10 pieces	100 mg	10 mg
Cotton Candy	10 pieces	100 mg	10 mg
Green Apple	10 pieces	100 mg	10 mg

Pet Tinctures

PRODUCT	BOTTLE VOLUME	TOTAL CBD	DOSE PER SERVING
Natural	30 mL	300 mg	10 mg
Salmon Oil	30 mL	300 mg	10 mg
Cod Liver	30 mL	300 mg	10 mg



ARE CBD EFFECTS THE SAME FOR EVERYONE?

A Matter of Genetics



Some people are born with a genetic mutation that promotes the production of endocannabinoids and anandamide in their bodies. We can find this mutation in around 20% of the population. If you're one of these people, then you're less likely to feel the effects of CBD because your body already provides enough endocannabinoids.

For the rest of the population, whose endocannabinoid system needs help to maintain homeostasis, cannabis and hemp-derived products take the place of the endocannabinoids that are lacking in their systems.

A healthy amount of endocannabinoids goes a long way towards better sleep, mood, immune function, appetite, pleasure & pain reception, fertility, body temperature, and even memory.

A Matter of Sex



Whether you're male or female changes the effect of CBD on your body as well. There are many studies that show females are more susceptible to CBD because of their higher levels of estrogen. A woman's menstrual cycle also has something to do with CBD susceptibility. Scientists from Washington State University found that CBD and THC have greater effects on women when their estrogen levels are at the peak, which happens right before ovulation.

A Matter of Metabolism



There's no other biochemical makeup that's exactly the same as yours. This means that we all metabolize substances at different rates. Biochemistry is the branch of science that studies the biochemical makeup of all organisms and how they react to specific substances.

Once again, your endocannabinoid system's health plays a vital role during metabolic processes. If you're under a lot of stress or your lifestyle has room for improvement, it's very likely that you're not producing enough endocannabinoids. When your endocannabinoid levels waver and decline, you're more likely to feel the effects of CBD.

Those with endocannabinoid systems that are in tiptop shape will not benefit from the CBD products because they have nothing more to gain from it. But like we said before, this is quite rare.

A Matter of Tolerance



Studies done on cannabis tolerance mainly circles around THC. It's pretty well-known that users build up a tolerance to THC overtime. Eventually, the user will need more quantities of THC in order for them to feel its effects.

The 2011 CBD study that we mentioned before reports that CBD doesn't act like THC this way. Users might not build a tolerance for it. However, for the time being, it's just a theory that needs more research to be proven.

THE DIFFERENT WAYS OF INGESTING CBD

Which product is right for you?

There are different modes in which CBD can be ingested. You can apply it topically, drink it, inhale it, and eat it. It's just a matter of preference. We've listed the most common methods of CBD administration below:



CBD Oil Tinctures

As far as many CBD enthusiasts are concerned, tinctures are the way to go for daily CBD supplementing. CBD Tinctures and CBD Oil are especially popular for individuals who are looking for products that will provide longer-lasting effects throughout the day, or night.

[SHOP NOW](#)



CBD Edibles

Balance CBD gummies and CBD edibles are available in different flavors, dosages, shapes and sizes! Our CBD gummies and CBD edibles will provide you with a generous daily dose of CBD and satisfy your cravings at the same time.

[SHOP NOW](#)



CBD Topicals

Miami Rave has formulated a wide range of topical products, stay tuned as we work tirelessly to release and feature our latest product additions! Explore our products below and learn more about CBD topicals today.

[SHOP NOW](#)



CBD Oil Vaporizer Cartridges

Vaping is one of the quickest & easiest ways to experience CBD. Here at Miami Rave we have a wide range of CBD Vaporizer Cartridges for sale. All of our cartridges are made with 98% CBD Oil Distillate and infused with 100% organic all natural terpenes

[SHOP NOW](#)



CBD Hemp Flower

Miami Rave low thc high CBD Hemp Flower is available in many different strains and sizes! Our low thc high CBD hemp flower will provide you with an amazing daily dose of CBD and satisfy your cravings at the same time. CBD hemp flower is a fun and easy way for new users to try CBD for the first time.

[SHOP NOW](#)



Terpenes

These all natural and organic Terpenes will drastically enhance the flavor profile of your CBD Hemp Flower or CBD Oil. There is no THC in our terpenes so it won't get you high.

[SHOP NOW](#)

UNDERSTANDING THE ENTOURAGE EFFECT

The Entourage Effect describes the synergistic effect of the cannabis plant and its many components. What this means is that the greater whole has a bigger impact on the body than its individual elements. Hemp plants, in particular, contain over 400 trace components. These include anything from vitamins, minerals, flavonoids, and terpenes. All of these compounds have a way of melding efficiently to create an overall positive effect. These compounds work off each other, strengthening each other's potential benefits.

THE SUM OF ALL ITS PARTS:

The hemp components found in Broad and Full spectrum products boost one another to fortify the product's overall effect. When a single component has been isolated, it can't work as effectively as it does mixed in with other components.

Generally, people prefer to use Broad or Full spectrum CBD products over Isolates to take advantage of the Entourage Effect. The CBD Isolate, being as close to pure CBD as you can get, doesn't work with other trace components in the hemp plant. Therefore, one still can benefit from CBD Isolates, but it won't be as effective as a Broad or Full spectrum product.

DIFFERENTIATING FULL SPECTRUM, BROAD SPECTRUM, AND CBD ISOLATE PRODUCTS:

Full Spectrum

To create a Full Spectrum CBD product, we undergo a full hemp plant extraction. This extract contains components such as vitamins, minerals, flavonoids, terpenes, as well as naturally occurring cannabinoids. The extracted substance always contains less than 0.3% THC. Because we keep these elements as is, they can work off each other, increasing the positive effect on the body upon intake.

Broad Spectrum

To create a Broad Spectrum CBD product, we do the same thing with Full Spectrum, but we go a bit further. We take the time to re-move all trace amounts of THC from the extracted substance. It contains all the hemp plant components mentioned above, minus the THC. Users of Broad Spectrum CBD products can also reap the health benefits of the cannabis Entourage Effect.

CBD Isolate

When creating CBD Isolate products, we purify the extract so that it only contains 99% pure CBD. After the substance has been stripped of all other components, it reaches an anhydrous state. What we're left with is a powder and this has 0% THC. Users opt for these CBD Isolate powders when they want to formulate their own CBD concoctions. You can put it in oils, topical creams, vape juice, and food items.

IS CBD LEGAL?

DISSECTING THE 2018 FARM BILL

- The updated federal list of Controlled Substances no longer includes industrial hemp. It's currently classified as an agricultural commodity according to the 2018 Farm Bill. Because of this change, CBD growers and product manufacturers are free to directly ship and process payments for their products all over the US. This is great news for the market because CBD consumers can now legally have CBD products sent directly to their homes. Manufacturers can resume business without all the previous federal risks of conducting out of state business transactions that involve hemp products.
- Federal leniency towards the hemp plant encourages more people to invest in all the facets of the CBD industry. It's an up and coming trend that has piqued the interest of investors from all over the globe. Expect an influx of investments made towards all the stages of CBD product creation - from cultivation, lab processing, packaging, and finally, shipping. Its growing popularity will also bring about more funds for research and study.
- State policies will always override the federal. Federally, individual states are not allowed to ban shipping of hemp products across their borders. However, lawmakers of the state may take their specific stand on CBD products when it comes to sales and distribution within that particular state.
- "Hemp" is defined by the 2018 Farm bill as all the components of the Cannabis Sativa L plant. This means all extracts and cannabinoids found in the hemp plant is fully legal as long as it conforms to the <0.3% THC concentration rule. Marijuana, which contains higher levels of THC, is also already legal in some states.
- Good news for the hemp farmers. According to the 2018 Farm Bill, hemp farmers should now be able to enjoy the benefits all USDA programs that give out competitive grants and certifications. They are also eligible for federally sponsored crop insurance.
- Thanks to the 2018 Farm Bill, the use and cultivation of the humble yet miraculous hemp plant is becoming destigmatized. More people can become aware of the health benefits of CBD and the other cannabinoids found in hemp. Because hemp is no longer classified as a Schedule I controlled substance, it encourages research programs funded both publicly and privately. As the hemp industry continues to grow, more and more people can reap the benefits of this miracle plant.

Hemp can now be freely cultivated and its derivatives can be legally shipped across state borders according to federal law. But each state has a stand on CBD distribution within their area.

To make sure if CBD is fully legal in your state, read up on your state wide measures on the sales of CBD products.

MIAMI RAVE CBD QUALITY CONTROL

GUARANTEED HIGH QUALITY CBD PRODUCTS

Reputable companies that cultivate hemp and manufacture CBD products comply with strict sets of rules to guarantee that they'll deliver a line of safe CBD products for public consumption. Miami Rave CBD complies with all these rules and we perform various quality control checks to make sure our customers receive only the best CBD products we're capable of producing. We regularly check our processes and equipment, and we only use the best non-GMO industrial hemp grown on US soil.

Miami Rave CBD believes in using only natural ingredients to make our products the best on the market. We only buy organic ingredients to ensure the best quality product. We believe in providing products for everyone so we can display these badges with pride:



CAN CBD BE GIVEN TO PETS?

Our furry friends are much like we are in that they also have an endocannabinoid systems. Their central nervous system also produces and maintains cannabinoid receptors.

And just like humans, our pets are also susceptible to various health strains and aging. Their endocannabinoid system will not always be in full working condition at all times, especially as they grow older or if they get sick.

A pet with a healthy endocannabinoid system is able to deal with pain and inflammation a lot better. You can also expect improvements in their skin condition, motor control, and neurological issues. Even if your pet doesn't seem to have any ailments, you can help them improve their appetite and lessen their anxiety during stressful situations. Overall, it's much like administering multivitamins that boost their endocannabinoid receptors, but without making them feel any side effects.

Miami Rave CBD PET TINCTURES

We at Miami Rave CBD understand the love that you have for your pets. Why should your dog be deprived of the benefits of CBD when you yourself feel the positive effects of our products? Of course, you should not administer the same products that you use on your pet. That's why we've come up with a line of natural hemp-derived CBD oils, specifically formulated for animal consumption. This tincture is different in that it's simply cold-pressed hemp seed oil that any pet will be able to easily digest.

ADMINISTERING THE RIGHT CBD DOSES TO YOUR PET

Our pets come in all weights and sizes. The amount of CBD a big dog needs would overwhelm a small dog's system. That's why it's absolutely important to give them the proper CBD dosage. We've provided a chart that displays how CBD should be administered according to your pet's weight. These doses are best given two times a day, mixed in with your pet's meals.



MIAMI RAVE

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today!



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