

# 10 Essential things you need to know before buying CBD

So before buying your magic CBD there are 10 essential things you need to know before buying CBD.

1. 🙏 **Pick from a list of well-established brands.**
2. 🙏 **Look for evidence of third-party lab tests.**
3. 🙏 **Finding a brand that has is educational and provides updates.**
4. 🙏 **Clarity of instructions.**
5. 🙏 **What support is there for you after you buy CBD**
6. 🙏 **One factor to consider is bioavailability.**
7. 🙏 **The CBD needs time to work.**
8. 🙏 **Does the company have consumer reviews?**
9. 🙏 **Various methods of taking CBD.**
10. 🙏 **Strengths of CBD are not all the same.**

Welcome to the guide on buying CBD and things to consider before buying it. After reading you may have questions and that's great simply drop us a message and we will clarify any questions or concerns you have. If its worth doing its worth doing right.

**1 🙏 Pick from a list of well-established brands.** There are many companies and individuals that provide CBD to the marketplace and you'll see some of the same companies pop up over and over again. Not all CBD is the same. Popular brands such as Charlotte's Web, GB Botanicals, Bella's Grace, Lazarus Naturals, to name a few have firmly established themselves as quality sources. You can also pick a brand from a list like this one and you won't have to worry about the guesswork of figuring out if the brand you're buying is trustworthy. For a quality product and service will reflect on its price.

**2 🙏 Look for evidence of third-party lab tests.** You know what you want to be having in your CBD is just CBD, so it is necessary to produce Lab testing which reveals exactly how much CBD is in the product, as well as any trace metals and fillers. These results are available for you to see for yourself. If they don't produce results then then alarm bells may sound. In November in the UK 30 products were tested from the high street retailers and it was found that 1 had no CBD content at a cost of £99, 17 others had less CBD content than advertised, and 5 had higher trace metals, 2 had filler agents, that left 5 companies that either had the right amount of everything or a higher content of CBD. The popular brands mentioned above came within the top five

**3 🙏 Finding a brand that has is educational and provides updates.** Its important to be on the ball and with this industry changing you need to know what's occurring in the industry and is clear cut and transparent in the cannabis industry. Education brings people to make informed educated decisions. Check out their news blogs and social media contents with their updates, news and support.

**4 🙏 Clarity of instructions.** You would like to know how to use the CBD and in this emerging industry with regulations and standards varying, clear instructions on how to use the products to get optimum results is paramount. For example two people the same age, but different weight and height how do you figure out what's right for you? This is where you would need to contact the supplier to find your "sweet spot."

**5 🙏 What support is there for you after you buy CBD?** You may find it helpful to see if the company provides a follow up support service. Coming across [www.BellasGrace.co.uk](http://www.BellasGrace.co.uk) CBD Oils & Creams they developed a messenger 30 day journal where you can log your results. It's handy if together one can keep track of how much you've taken. Its interactive and guides you perfectly and if you are stuck you have your own personal CBD coach to speak with. Their mission is to help all CBD users not just their customers what a fantastic support system. An example of this is using a messenger guide and journal can be found at [www.mycbdcoach.com](http://www.mycbdcoach.com)

6👉 **One factor to consider is bioavailability.** What is this we hear you ask? This essentially refers to how much of the CBD actually gets into your bloodstream. For example, if you eat CBD gummies, they have to go through your digestive tract before you can absorb them, and the amount that ends up in your system may be relatively low. On the other hand, if you take a tincture sublingually, which means under the tongue, you're absorbing it directly into your bloodstream. So you could get quicker, more noticeable results than you would from waiting for your digestive system to process it.

7🙏 **The CBD needs time to work.** The first time I tried CBD, I wondered if I'd wasted my money on some overhyped trend. I put some drops of an oil tincture under my tongue, expected near-instant relief from my chronic pain, and got... nothing. My experience isn't at all unusual, because immediate results aren't all that common. In fact, many people take CBD for several weeks before they see a difference. Having support from the company will make all the difference.

8🙏 **Does the company have consumer reviews?** Websites like [www.cbdgroup.online](http://www.cbdgroup.online) share CBD Oil Users reviews on brand effectiveness, delivery time, and customer service, as well as customer stories and what they use it for. This is helpful to see what you may expect too.

9🙏 **Various methods of taking CBD.** You need a different delivery system. It seems like I'm hearing about a new CBD product just about every week. You can find everything from CBD coffee to bath salts & drinks. Common forms of CBD • tinctures • topical creams • vape oils • capsules or suppositories • edible treats like gummies and chocolate So if you've been trying one delivery system with no luck, it's possible that a different form would work better for you. In addition, your most effective method may vary depending on what type of relief you're looking for. For example, a topical balm won't help you with your panic attacks. But it can offer potential relief for, say, sore muscles, if you zero in on that particular area.

10🙏 **Strengths of CBD are not all the same.** For example did you know if you had a 500mg bottle in 10ml vs 500mg in a 30ml is it the same % CBD? Answer is No! the 10ml will have a CBD content of 5% while the 30ml will have a CBD content of 1.75% So Finding the right dosage of CBD can be a tricky task. This is where speaking with a company is important

🌱 If your looking to speak to a human about CBD then call us on 08001181610. Or visit us online click [www.bellasgrace.co.uk](http://www.bellasgrace.co.uk) 🙏🌱

References:

Report produced by CBD Coach CSmith BSc

CBD Support guide from [www.mycbdcoach.com](http://www.mycbdcoach.com) – covers CBD questionnaire and example of customer follow up systems available.

CBD Social community group [www.CBDgroup.online](http://www.CBDgroup.online) Facebook group with CBD users experiences and questions and answer corner.

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