

# CBNIGHT WATER SOLUBLE

## WHAT IS CBN?

CBN (or cannabiol) is produced when the cannabis or hemp plant ages. Enzymes, ultraviolet light and heat produce changes at various stages of the plant's life to transform CBGA (or cannabigerolic acid) ultimately into the CBN cannabinoid. More precisely, most cannabinoids start off as CBGA in the hemp plant. As the hemp plant matures, enzymes transform the CBGA into CBG (cannabigerol), CBDA (cannabidiolic acid), THCA (tetrahydrocannabinolic acid), and CBCA (cannabichromenic acid). THCA, on being exposed to heat, becomes THC. On being exposed to ultraviolet light, such as from sunlight, THCA transforms into CBNA (cannabinolic acid). This CBNA, when exposed to heat, decarboxylates into CBN (cannabiol).

## WHAT IS CBN OIL?

CBN Oil refers to cannabiol (CBN) which has been dissolved into a carrier oil as a tincture to improve deliverability. CBN oil can contain other cannabinoids, flavonoids and terpenes which are natural constituents of the hemp plant. As a product high in cannabiol content, CBN oil has many of the effects of CBN, including promoting relaxation and supporting healthy sleep cycles.

## WHAT DOES CBN OIL DO?

While CBD and THC has been extensively researched and their mechanisms of action are known to include the CB1 and CB2 cell receptors, CBN hasn't been the subject of as much study. Cannabiol is known to act on the TRPA-1, TRPV-2, TRPV-3, and TRPV-4 cell receptors. The reported effects of CBN Oil include producing a deep sense of relaxation and support for falling asleep faster and staying asleep longer.

## HOW DO I USE CBN OIL?

Most CBN oil can be taken as a tincture, placed and held under the tongue. CBNight Water Soluble CBN Oil has been through a proprietary nanotechnology process that increases bioavailability by reducing particle size. CBNight acts faster and more reliably than other CBN oils. Add CBNight to 8 oz of water 30 minutes before bedtime to achieve the best results.



## DOES CBN HELP YOU SLEEP?

Taking CBN 30 minutes before bed will help you fall asleep faster and stay asleep longer. Users of CBN report waking up feeling refreshed without a groggy feeling. It's important to note that due to its sleep-supporting properties, you shouldn't take CBN before driving or operating heavy machinery. CBNight is a water soluble CBN oil and is even more effective as sleep cycle support than other CBN for sale.

## DOES CBN GET YOU HIGH?

Because CBN is a decarboxylated form of CBNA, which itself is a transformed version of THCA, CBN will not get you high. In fact, before delta-9-tetrahydrocannabinol (THC) was identified as the cannabinoid responsible for cannabis' psychoactive effects, cannabiol (CBN) was thought to be responsible. Today, however, the CBN cannabinoid is known not to cause the "high" produced by consuming cannabis.

## IS CBN LEGAL?

Section 297A of the 2018 Farm Bill legalized hemp and all derivatives, extracts and cannabinoids with a THC concentration of 0.3 percent or less. Because CBN, or cannabiol, is a cannabinoid found in hemp and does not contain THC, CBN is a legal cannabinoid in the United States.

## WHAT IS CBN VS CBD?

CBN (cannabiol) and CBD (cannabidiol) are both phytocannabinoids, or cannabis-like molecules found naturally in the hemp plant. They are produced at different stages in the plant's life cycle, with CBN being produced much later and in lower concentrations than CBD. While CBN acts on the TRPA-1, TRPV-2, TRPV-3, and TRPV-4 receptors, CBD binds to the CB2 endocannabinoid cell receptor and to the allosteric site at CB1. Also, CBN has strong support for its use as sleep cycle support and is more effective than CBD for sleep, while CBD has a wider variety of applications including mood support, joint health promotion and more.

