

# Unwind

## FREQUENTLY ASKED QUESTIONS

### WHAT IS CBD?

CBD, short for cannabidiol, is a chemical compound from the Cannabis sativa plant, which is also known as marijuana or hemp, according to the US National Library of Medicine.

It's a naturally occurring substance that's used in products like oils and edibles, but unlike its cousin, delta-9-tetrahydrocannabinol (THC), which is the major active ingredient in marijuana, CBD is **not** psychoactive.

CBD oil has been studied for its potential role in easing symptoms of many common health issues, including anxiety, depression, acne and heart disease. (Journal of Pain Management Res. 2018; 11: 837-842)

### IS CBD LEGAL?

On the federal level, CBD is legal. This change, which officially legalized hemp and all hemp-derived products like CBD, occurred in December 2018. But states can still pass their own regulations to ban hemp and CBD, so be sure to check the legal status of CBD in your state.

### CAN THIS GET ME HIGH?

The compound in the cannabis plant that causes psychoactive effects (a 'high') is THC (Tetrahydro-cannabinol). Unwind CBD products are THC-free, and will not result in a high. "Relaxing but not intoxicating" is how some users of CBD have described the effect.

### WILL CBD INTERACT WITH MY OTHER MEDICATIONS?

At low doses of CBD, less than 150mg total per day, it is unlikely that significant drug-herb interactions will occur. However it is always possible that drug-herb interactions can occur. If you are taking a medication where maintaining a certain blood level is critical- such as anti-seizure, anti-viral, blood-thinning medications- talk with your doctor before trying CBD.

### IS THIS SAFE TO USE WHILE PREGNANT?

You should always consult with your doctor before adding new products and substances to your regimen if you are a pregnant or nursing mother.

### WILL THIS CURE MY...?

While CBD has been linked to many health benefits, the Unwind line is intended for relaxation and not designed to cure or treat any illness or disease.

### HOW DO I KNOW WHAT'S IN THIS?

Because non-medical CBD is not regulated by the FDA, it's good to be cautious about what's in it! Bedroom Kandi firmly believes in making sure you know what goes into and onto your body, and holds to our commitment to quality, so all batches of our Unwind CBD products are lab tested for quality and composition. You can review the lab reports on our CBD products at <https://www.bedroomkandi.com/cbd>

### WHAT DOES THC-FREE MEAN?

The industry and legal standard for THC concentration in CBD products is less than 0.3% THC by weight. This means that a CBD product may legally contain up to three parts of THC for every 1000 parts of oil by weight. Where complete purity and 0% traces of anything in a botanical extract is nigh-impossible, 'non-detect' is the accurate term. This is because the THC concentration in Unwind products is too minuscule to be detected by the sensitive instruments used in third-party labs. You can review the lab reports on our CBD products at [www.bedroomkandi.com/cbd](https://www.bedroomkandi.com/cbd)

### WILL THIS SHOW UP ON A DRUG TEST?

Drug tests look for the presence of the metabolites of THC, not CBD. Since we use purified CBD in Unwind products, there is no detectable THC. Always check the ingredients and claims on a CBD product, however, to be sure of the absence of THC!

## UNWIND INTIMATE LUBRICANT

### HOW MUCH SHOULD I USE?

We suggest 3-4 pumps on each partner. Gently massage it all over your sensual area, and your partner's, too. For best results, apply some 15 minutes before intimacy for the CBD to absorb into the body. As a natural water-based lubricant, Unwind Lubricant will naturally absorb into your skin over time. Simply apply more as needed during your sensual experience.

### HOW WILL THIS AFFECT ME?

Without the presence of THC, scientific research suggests CBD may ease anxiety, promote calm and focus, and relieve aches and pain from inflammation. Although some people report feeling drowsy after taking CBD. The important thing to remember is that CBD affects everyone differently. So if you're new to CBD, start with a small amount of lube while observing how your body reacts and what feels best for you.

### HOW DO I "DOSE" THE CBD IN THIS LUBE?

Each pump of Unwind Lubricant contains 1mg of CBD. If CBD is new to you, you may choose to titrate; start with a smaller amount at first to see how it feels. Then increase the dose as desired, as you find what feels best for you.

### IS IT SAFE TO USE WITH CONDOMS?

Yes. This is a quality water-based lubricant and safe to use with latex and all sex toys.

### CAN I LICK IT?

Unwind Lubricant is 100% non-toxic and made of natural, food-grade ingredients that are completely safe for your body. So go on and lick it off your partner if you want!

### CAN I USE IT FOR ANAL SEX?

Yes! The anti-inflammatory properties of CBD are great for anal application. The colon contains large number of endocannabinoid receptors and the rectum is a highly absorbent membrane, so apply generously and have fun.



### IS IT SAFE TO USE WHEN I'M TRYING TO CONCEIVE?

It is not recommended to use CBD lubricant if you are trying to conceive. If you are trying to get pregnant, are pregnant, or are nursing, talk to your doctor before use.

### DOES IT EXPIRE?

Expiration dates are printed on the bottom of each bottle. Please reference the expiry date enjoy before that!

## UNWIND RELAXATION CREAM

### WHAT IS CBD-INFUSED RELAXATION CREAM?

CBD cream is a type of CBD topical. It is a cannabidiol product that is applied directly to the skin rather than ingested. When you apply CBD cream, the CBD soaks into the skin but does not make it to the bloodstream.

### WHAT IS CBD CREAM BEST FOR?

CBD Cream offers a safe and efficient way to apply hemp extract to specific areas of the body for soothing relaxation.

