

Full Spectrum vs Isolate Forms

What is CBD Isolate?

CBD isolate is the purest form of cannabidiol. It comes in a number of forms; crystals, powder, wax, and crumble, among others. Isolate is becoming more popular with CBD users as it offers a potent, fast-acting and convenient form of taking CBD. You can also control the amount of cannabidiol in each serving, which is necessary for treating many conditions.

CBD isolate is extracted from the cannabis plant, usually industrial hemp - which is simply cannabis with low levels of THC, the cannabinoid that gets you 'high'. Along with containing very little THC, hemp often produces CBD in high amounts.

Extraction can be done via a number of different processes. Typically, these include techniques use carbon dioxide or a solvent blasted over plant material to 'pull away' the cannabinoids, fatty acids, and other plant material found naturally in hemp plants.

The resulting substance is then purified using a proprietary process to filter plant material and remove chlorophyll and other unwanted elements. Up to 99% of CBD isolate is the product that remains.

What is Full Spectrum CBD?

Users of CBD can choose between CBD isolate or full spectrum CBD. Full spectrum CBD contains a full profile of cannabinoids and other compounds present in the cannabis plant. This includes CBD and other cannabinoids, essential oils such as terpenes, and many other compounds.

As the extraction is not filtered, small amounts of THC (the chemical that causes a 'high') may remain. However, hemp must have less than 0.3% THC to be legally grown, so the THC content will still be minimal. Our very own, expertly crafted Good Vibes 250mg+ CBD oil is a full-spectrum blend, yet contains less than 0.03% THC.

Due to the interaction and synergistic effect of a complete profile of cannabinoids and other plant compounds, full spectrum CBD can prove to be more effective than CBD isolate. This is known as the entourage effect.

The Benefits of Full Spectrum CBD

In the cannabis plant, there are around 113 cannabinoids currently known to science. These include CBD and THC, which are the most prevalent in the plant. The cannabis plant also produces terpenes, flavonoids, and numerous other plant compounds.

Terpenes are the chemicals in plants that give them their scent, color and flavor. They have been found to deliver their own health benefits, especially when used alongside cannabinoids.

The Entourage Effect

All of these cannabinoids, terpenes, flavonoids, and many other cannabis-derived compounds work together to provide the entourage effect. First coined by renowned cannabis researchers S. Ben-Shabat and by Raphael Mechoulam in 1998, the term refers to how all the constituents of cannabis seem to work more effectively when applied together.

This is one of the main reasons many people opt for full spectrum CBD products over CBD isolates.

CBD Isolate VS Full Spectrum

Choosing between CBD isolate and full spectrum CBD may feel challenging. Essentially, however, your choice comes down to your personal preference and the conditions you are trying to treat.

If you're struggling to decide which type of CBD to consume, it might be helpful to know that [a 2015 study](#) revealed how full spectrum CBD can provide high levels of pain relief when large doses were given to mice. In contrast, the group administered high levels of CBD isolate did not appear to same levels of relief.

As CBD possesses numerous health benefits, both forms (isolate and full spectrum) provide health advantages for various conditions. However, this [study](#) by the Lautenberg Center for General and Tumor Immunology in Jerusalem examined the effectiveness of isolated CBD extracts versus whole plant extracts. It found that full spectrum CBD will continue to provide inflammation relief as the dose is increased and is more effective than isolate CBD at providing pain relief.

It is important to know that the amount of THC found in full spectrum CBD is less than 0.3%, whereas there are only very minimal traces of THC (if any) found in CBD isolate. However, CBD isolate is the ideal option if you are sensitive to THC or any other cannabinoid other than CBD. In addition, CBD isolate is the perfect option if you prefer to make your own remedy, such as a topical treatment.

Summary

In conclusion, if you are deciding whether to choose CBD Isolate or Full Spectrum, then it is best to consider your requirements, preferred method of usage, and how painful your condition is. If you have a severe condition, you may wish to use full spectrum CBD. If you're sensitive to THC and have a mild condition, CBD isolate may be a better option.