



Detailed Information for:  
**Aphrodite Hemp Extract**

Aphrodite is a full-spectrum hemp extract with 1500mg of active CBD in a convenient, unbreakable, easy to carry .5 fl oz (15 mL) airless bottle that allows for simple, precise, and discreet dosing (for a list of the advantages of airless bottles over vials, click [here](#)). Aphrodite is vegan, non-GMO, and Leaping bunny approved cruelty-free. Flavored with organic peppermint for a cool, zesty taste.

[COA \(Certificate of Analysis\)](#): click for PDF detailing CBD content of Aphrodite.

**INGREDIENTS:**

Organic MCT Coconut Oil, Organic Hemp Seed Oil, Hemp Extract (CBD, CBDa, CBC, Caryophyllene, Humulene, Limonene), Tangerine Oil, Organic Peppermint Oil

**Certified Organic Ingredients 80%**

**MCT Coconut Oil** is coconut oil with the fatty high-chain triglycerides removed. It is generally considered to be the most effective carrier for CBD because it does not require bile to be metabolized and is sent directly to the liver where it is metabolized immediately and sent to the bloodstream.

**HOW TO USE:**

Each squirt of the airless pump releases .2ml of hemp extract containing 20mg of active CBD. An average serving is 20-40mg, or



1-2 squirts. Squirt under the tongue and leave there for 60 seconds before swallowing. Shake the container occasionally to overcome settling. Store in a cool dry place away from children and pets.

By taking Aphrodite under the tongue, less is wasted than by swallowing and the effects are faster, about 20 minutes on average. Ingesting Aphrodite will lessen its potency about 50% and delay its effectiveness about 2 hours. Ingesting may still may sense for some purposes, such as sounder sleep.

**TARGETS:** Anxiety, Pain, Sleeplessness, Inflammation, Sexual Apathy, Overeating

**BENEFITS:** Although the benefits of CBD are numerous, GreenSky makes no claims as to its efficacy. CBD does not affect all people the same way. How it affects you will vary according to your age, how much of it you take, your state of mind, and your general state of health. If in doubt, always seek the advice of a doctor.

**SIDE EFFECTS:** May include dry mouth, tiredness, and reduced appetite. Effects of prolonged use of CBD have not been determined. CBD may interact with medications such as blood thinners, slowing their effectiveness. Do not exceed 200mg in a single day without first consulting a doctor.

**WARRANTY:**

GreenSky products carry an unconditional quality guarantee and a limited warranty. The unconditional quality guarantee protects the buyer from quality issues such as airless bottle functionality. Quality



issues, if they arise, will be taken care of ASAP at no cost to the buyer. GreenSky's limited warranty allows returns of unopened product within 30 days of purchase for a full credit less shipping. CBD tinctures including Aphrodite, Cloud9, and Jump4Joy for canines, cannot be returned after being opened.

### **Dosing:**

There are no medically published dosing guidelines for CBD. Generally, a dose is 20-30mg once or twice a day. However, dosing amount, frequency, and method of delivery vary somewhat for sleeplessness, pain, anxiety, and sexual apathy. A good summary of proper dosing can be found on GreenSky's [Blog page](#).

### **LINKS to RELEVANT STUDIES:**

1. 2015 presentation to Congress by Nora Volkow, NIDA director, as part of a CBD study done for the National Institute of Health.  
<https://www.drugabuse.gov/about-nida/legislative-activities/testimony-to-congress/2016/biology-potential-therapeutic-effects-cannabidiol>.
2. Attenuation of early phase inflammation by cannabidiol prevents pain and nerve damage in rat osteoarthritis.  
<https://www.ncbi.nlm.nih.gov/pubmed/28885454>
3. Cannabinoids for the Treatment of Chronic Non-Cancer Pain: An Updated Systematic Review of Randomized Controlled Trials  
<http://cannabismedicinal.com.ar/images/documentos/Investigacion/dolorcronicoreviewlynch2015.pdf>

4. Cannabidiol Reduces the Anxiety Induced by Simulated Public Speaking in Treatment-Naïve Social Phobia Patients

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3079847/>

5. Neural basis of anxiolytic effects of cannabidiol (CBD) in generalized social anxiety disorder: a preliminary report

<https://www.ncbi.nlm.nih.gov/pubmed/20829306>

6. Cannabidiol exerts sebostatic and anti-inflammatory effects on human sebocytes (acne)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4151231/>

7. Cannabidiol rather than Cannabis sativa extracts inhibit cell growth and induce apoptosis in cervical cancer cells

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5009497/>

### **LINKS to POPULAR DISCUSSIONS:**

1. Dr. Mehmet on OZ:

<https://www.facebook.com/droz/videos/october-2-2018-cbd-oil/260323121169439/>

2. How CBD Impacts the Body (Dr. OZ)

<https://www.youtube.com/watch?v=Cig6MlZHuo4>