

FAQ

What is CBD?

CBD, or Cannabidiol, is one of the many phytocannabinoids found in the cannabis plant. It was discovered in 1940 and was later patented by the US Government for various health benefits. I can't name them here due to FDA restrictions - but you will find them when you research patent [6,630,507](#). The list of things people take CBD for, is quite extensive. We suggest you do some research on the plant and what full spectrum phytocannabinoids do and how your endocannabinoid system works; in order to *listen to your body*.

Are the products legal?

Yes, all Continuum Origin 1 products are federally legal in the US. Our products comply with the 2018 US Farm Bill which removed "hemp" (cannabis sativa that contains no more than 0.3%) from its Schedule 1 under the Controlled Substance Act. Origin 1 products are derived from USDA Certified Hemp, which means they contain less than 0.3% THC and can ship nationwide.

Will CBD or Full Spectrum Hemp Extract show up on a drug test?

This is a difficult thing to answer. I've read that taking CBD could cause a "test positive" or fail a drug test. However, I do not know of any reported cases personally. Keep in mind that due to the passing of the Federal US Farm Bill, (which legalized hemp containing a limit of 0.3%) employers should review their stance on cannabis so that (a) they set clear expectations of and for employees; (b) provide justifications for the need to drug-test; (c) be ready for push-back due to the potential failure of a positive drug test due to legal hemp use; and (d) address how to justify not hiring or terminating an employee based on a false- positive test, Hemp use (which contains the legal limit of THC) vs. medical cannabis use. They should also include rules and guidelines for use on company property as hemp use may start a legal recourse as pertaining to the Americans with Disabilities Act. Enforcing zero- tolerance policies should be prepared for challenges based on these guidelines and implications of the new 2018 Farm Bill.*

Furthermore, the amount of THC in our full spectrum hemp extracts passes testing and is USDA Certified- Federally legal. Our processing facility is FDA Registered. We follow steps and a scientific process to provide the most efficacious and safe products. Please refer to our Terms and Conditions for further explanation and information.

Where does The Continuum ship?

The Continuum currently ships in the USA via USPS and UPS. Standard Shipping rates are included in your order. Subscribe to our newsletter to be the first to know when we expand to new markets.

How much does shipping cost?

Shipping costs vary based on product weights and shipping methods. Shipping costs are calculated on your checkout/ purchase process.

When will my order ship?

Once you make your order, we process it. All orders are shipped within 3-5 business days. You'll get a shipment notification email with a tracking number as soon as your package ships.

If I order multiple products from multiple brands, can I expect them to deliver at the same time?

Right now we are only sourcing our own branded portfolio. However, there will be new products added in the future.

What do I do if I want to make a return?

If your product is opened we cannot process a return. If you return an unopened product and it is not damaged or altered, we will inspect it and return your money. We reserve the right to change this policy at any time.

What forms of payment do you accept?

Currently we use PayPal due to the the Federal Restrictions on banking and the cannabis industry. We are working to find alternatives. So stay tuned and keep checking in or drop us a line at customerservice@grokthebindu.com.

How can I check the status of my order?

You'll get a shipment notification email. If you didn't get this email or have questions, send us a message at customerservice@grokthebindu.com.

What do I do if I need helping choosing products?

That's what we're here for. Send us an email at customerservice@grokthebindu.com and we'll do our best to point you in the right direction.

How do I know what to take for my needs?

The sublingual drops that come in our 1 oz. bottles/ 30ml. come with a graduated dropper- meaning you can measure how much you are taking at a time. See the chart below for advise or guidelines.

Health Issue	Treatment
Anxiety	1-3X daily sublingual oil
Arthritic pain	1-3X daily oral supplement + topical as needed
Sleeping	sublingual oil a few hours before bedtime (taken in lower doses can energize while higher doses encourage sleep)

What dose should I take?

This is a difficult question to answer. Everyone is different. Everyone comes with unique circumstances that weigh in on when and where cannabis tinctures will work. The best advice is to listen to your body. And always speak to your physician before starting a new supplement or wellness plan. Dosing is a highly individual process. The best advice is to start with a low dosage, maybe a quarter of the dropper and see how that works for your body. Make sure that when you administer the oral dosage, you hold the dropper under your tongue and allow it to absorb through your saliva glands. This should take a minute and you should not swallow until that time lapses (shoot for a 1 and ½ min., at the end, swish in your mouth to increase the surface contact for best absorption).

As far as when to take it, it really depends on you and your needs. An acceptable time frame is to take it in the AM and then again in the early afternoon. However, depending on your wellness goals, you can make adjustments. Again, go with lower dosages to monitor how your body is reacting and reaching receptor sites. Typically oral dosages last about 6 hrs. We suggest keeping a journal to keep up with any changes in your mind, body, and/or spirit.

Can I take too much?

Clinical studies show that respondents took up to 1200 mg a day without uncomfortable side-effects or health concerns. More study is needed in this area but we always suggest to our customers to start low and find the dosage that works for your hemp extract journey. While CBD is considered safe, studies show that heavy use could interfere with your bodies process to absorb certain medications that utilize the p450 cytochrome. If your medication has a warning that reads, Do Not Take With Grapefruit Juice, that medication could be effected due to inhibiting cytochrome p450. So take precautions and discuss this with your doctor and or your pharmacist.

What about the topicals?

Our cream and balm spread evenly and absorb better than anything I've ever tried in the four years I've traveled the country testing different topicals. Origin 1 topicals contain ingredients that make them wonderful for sun aged skin. If you are applying to an effected area, it is best to apply after your bath or shower. Pat the skin dry and then apply. Typically, a dime size amount works best for an area of treatment. Our topicals, because they absorb so well, immediately reach where you want them to be. Expect our topicals to hit those local targets like your muscles, inflammatory cells and pain receiving nerves that translate close to the skin. Our topicals are for external use only.

What other ways can I take my Hemp Extract?

Our tinctures are flavored with vanilla and stevia. Placing a quarter of a dropper in your coffee or spinking on your desserts can be a pleasurable experience. You can get creative. However, just understand that the bioavailabilty will be slightly less effective than administering it sublingually.

Other Considerations:

Taking Origin 1 hemp extract on a full stomach can increase the absorption as phytocannabinoids attach to fat cells. In doing so, more are absorbed. We suspend our phytocannabinoids in MCT coconut and hemp seed oil to provide your body with good fats. These good fats increase the total amount of CBD that reaches your bloodstream three times the normal rate.

*The Continuum is not a legal firm and is not responsible for deciphering the laws where you live. By purchasing our products, as an adult, you are making a determination based on your own research and understanding of the laws in your area. Citations are collected from the National Law Review, as. It is to your determination to remain current with all laws and regulations in your area or where you may travel.