



RLV

HEMP EXTRACT FREQUENTLY ASKED QUESTIONS

General Information About Hemp

What's the difference between hemp and marijuana?

The cannabis family is made up of a variety of plant species, including hemp and marijuana. These two plants contain very different properties. Marijuana contains high levels of THC, a psychoactive compound which causes a "high." This is why marijuana is deemed a controlled substance or drug. Unlike marijuana, hemp contains less than 0.3% of THC and can be legally grown and sold in the United States. Both plants contain CBD, which is a non-psychoactive cannabinoid that contains many health benefits.

What are the health benefits of hemp extract?

The health benefits of hemp extract are numerous, including stress relief, reducing inflammation, promoting healthy skin, immune system support, heart health and digestive health. [View the clinical studies.](#)

Do RLV products cure any cancer, diseases or other illnesses?

No. RLV products are intended to provide balanced nutrition for a healthier lifestyle and overall wellbeing. RLV products are not intended to diagnose, treat, cure or prevent any disease. Although many individuals have seen improvements in their health when consuming these products, individual results will vary. We feel that optimal nutrition is beneficial to all.

What states do not allow the sale of hemp products?

The 2018 Farm Bill, passed into law at the end of 2018, legalized the cultivation and distribution of hemp and hemp-derived products at the federal level. The hemp used in the production of RLV hemp products is grown and processed in conformance with federal guidelines. While most states have passed legislation or otherwise conformed to the federal laws, certain states including Idaho have not done so. In addition, certain local governmental bodies have taken opposing positions. We will continue to monitor the legal landscape to assure RLV hemp products are sold only in conformance with federal, state and local laws.

Is CBD safe for everyone?

As with any dietary supplement, if you are pregnant, nursing, have a medical condition or are taking any medication, we recommend you consult with your physician prior to use.

About RLV Products

Does RLV contain any THC?

RLV offers a variety of hemp extract products, so that you can choose the option that best suits your individual health goals. Our 500 mg and 750 mg isolate tinctures are formulated to contain zero THC. The 500 mg full spectrum tincture contains a natural balance of the many other beneficial compounds found in the hemp plant and contains less than 0.3% of THC.

Will I get high from RLV products?

No, you cannot get high from RLV products. CBD does not cause a high. Our isolate products contain zero THC, while the full spectrum product contains too slight a trace of THC to cause a high.

Will I fail a drug test?

We do not anticipate our products causing an issue with drug testing. However, we advise anyone interested in using hemp products to consult with their employer if they have concerns regarding drug testing. Each employer will have their own set of regulations and we advise consulting with them to determine if specific hemp-based products are suitable for use under their guidelines. Again, if you are concerned about how hemp products affect drug tests, we do recommend speaking with your employers or athletic trainer before consuming any hemp-derived product.

What is CBD isolate?

Industrial hemp goes through an extraction and refinement process that removes unwanted compounds and THC. The CBD isolate contains zero percent THC, leaving the CBD in its purest form.

Why is RLV better than other hemp products?

RLV uses the whole plant, which is made up of the leaves, seeds, stalks and flowers, so you get optimal health benefits. This is different than products made up of hemp seeds only, which don't contain the cannabinoids that offer the whole host of health benefits.

Are RLV products organic?

RLV hemp extracts are produced from organically-grown industrial hemp. The hemp is not certified organic. Currently there is not a USDA-approved certified organic program for domestically-grown hemp. This may change over time as hemp production increases.

Can I add hemp extract into my Reliv shakes?

We recommend following the label directions on the tincture to ensure optimal health benefits. Simply place one dropper amount under your tongue for 60 seconds and take one to two times daily. Taking this product sublingually (under the tongue) allows it to absorb through your mucus membranes, ensuring it enters your bloodstream faster. If you add the hemp extract into your Reliv shake, it must pass through your digestive tract before it enters your bloodstream.

When will I feel the results?

Results may vary with each individual person, but many people feel results within the first 10 minutes. Others may not feel immediate results, but will notice them over time. Give your body time to respond and be sure you are following the label directions for usage.