

Hemp Oil vs. CBD Oil: Everything You Need to Know

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Does hemp oil have CBD? Is hemp oil legal? Is one type of oil better than the other?

If you've asked yourself these questions, you're not alone. The difference between hemp oil and CBD oil can seem quite blurry. It doesn't help that people often use the terms "hemp oil" and "CBD oil" interchangeably to refer to the same thing, CBD-rich hemp extract.

In using these terms interchangeably, you risk ending up with a product that doesn't deliver the full range of wellness benefits present in [full-spectrum hemp extracts](https://www.myremede.com/myremedecbdtincture-300mgcbdlemon) (https://www.myremede.com/myremedecbdtincture-300mgcbdlemon). This is because while both hemp seed oil (commonly referred to as hemp oil) and CBD oil are derived from the cannabis plant, they each offer their own set of respective benefits. Buying one can leave you without the benefits of the other.

Here's a breakdown of what those benefits are, as well as other differences between hemp oil and CBD oil, to help you make sure that your next purchase is the right one.

What is the Difference Between Hemp Oil and CBD Oil?

For clarity's sake, let's start with the different products people refer to when they use the general terms "hemp oil" and "CBD oil." Hemp oil is a more common term used for hemp seed oil, which is extracted from the cannabis plant's seeds through a pressing process.

CBD oil, on the other hand, most often refers to Full Spectrum Hemp Extract (FSHE), Broad Spectrum Hemp Extract (BSHE), or CBD Isolate. Unlike hemp seed oil, CBD oil can be sourced from the plant's flowers, leaves, stems, and/or stalks using a variety of [extraction methods](https://www.cbdoil.org/cbd-extraction-methods/) (https://www.cbdoil.org/cbd-extraction-methods/), including CO2 extraction, solvent extraction (with ethanol, for example), and even olive oil extraction.

Because of its more comprehensive extraction process, CBD oil is more likely to contain THC, although no more than 0.3% THC (not enough to make you feel high)– the limit for any cannabis plant categorized as "hemp" by [U.S. federal law](https://www.pbs.org/newshour/science/is-cbd-legal-heres-what-you-need-to-know-according-to-science) (https://www.pbs.org/newshour/science/is-cbd-legal-heres-what-you-need-to-know-according-to-science). Hemp seed oil, however, contains virtually no THC or CBD.

It's this crucial detail that allows hemp seed oil to be much more widely bought and sold than CBD oil. Buying hemp seed oil, in many cases, is as easy as hopping on Amazon and having it shipped to your door.

With these important differences in mind, let's get to the respective benefits of hemp seed oil compared to CBD oil made from FSHE, BSHE, and CBD isolate.

Hemp Oil vs. CBD Oil: Why Choose One Over the Other?

Hemp seed oil's biggest benefit is its nutritional profile, complete with healthy omega fatty acids, vitamin E, and protein. This, combined with its easier accessibility, makes hemp seed oil (and other hemp-derived products like seeds and powder) a great supplemental addition to any healthy diet.

Its nutritional profile also bodes incredibly well for skin and hair, which explains why hemp oil has been adopted by the cosmetic industry more aggressively than any other industry. You may even be washing your hair with a shampoo containing hemp seed oil already and not even know it!



But why limit yourself to just the benefits of the cannabis plant's seeds when you can benefit from the entire plant instead? This refers to something called the "entourage effect," and it's a common reason why people opt for full-spectrum CBD products over standalone hemp seed oil.

The "entourage effect" refers to the way in which a variety of cannabinoids and terpenoids, like the ones present in the hemp plant, may synergistically work together to elicit a greater overall wellness response than that of a single cannabinoid such as CBD. Full or Broad Spectrum Hemp Extracts, including MyRemede CBD Oil, preserve the whole hemp plant's synergistic benefits, which is impossible to get from just CBD or any other single hemp compound.

CBD Oil or Hemp Oil: Choosing the Right One for Your Needs

You should use hemp seed oil if your primary need is nutrition, as hemp seed oil is packed with vitamin E, vitamin B2 and B6, omega fatty acids, and abundant dietary fiber. This is why you'll often find hemp seed oil in the health section alongside other digestible food supplements at any standard health food store.



If you're more interested in the wellness-promoting properties of hemp, then you're better off going with CBD oil. Moreover, if you want to benefit from the dozens of cannabinoids present in the hemp plant, you're going to want to go with a full-spectrum or broad-spectrum extract.

When choosing between broad and full-spectrum hemp extracts, keep in mind that broad-spectrum hemp extracts offer a nearly identical range of cannabinoids. Trace amounts of THC are simply further reduced to provide extra assurance that the product is non-high-inducing.

You can also opt for CBD isolate, but then you only benefit from a single cannabinoid, meaning that you miss out on all of the other wellness-promoting properties present in full-spectrum or broad-spectrum hemp extracts.

Because CBD is currently unregulated, always prioritize buying from companies that offer COAs for every product on their website. A COA from an accredited lab should always verify that a product's cannabinoid content matches what is advertised and that the product is free of common harmful impurities.

It's crucial to not have to rely on a product's marketing alone. Armed with this knowledge, you can feel satisfied with your next purchase knowing that you're only buying the safest and highest-quality product.

For a full-spectrum CBD-rich hemp extract that comes with all of the combined benefits above, as well as a certificate of analysis, start your search with [MyRemede CBD Oil](https://www.myremede.com/myremedecbdtincture-300mgcbdlemon/) (https://www.myremede.com/myremedecbdtincture-300mgcbdlemon/)

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