

## **ebb + flow | CBD Wellness Portfolio**

### **Nature + Science = Balance**

Manage your mind and body's day-to-day ebb + flow.

Scientifically proven to fight stress and daily imbalance, ebb + flow's pure and potent plant-based CBD products are designed to soothe your skin, body, and mind.

Feel your best. Everyday.

### **Welcome to CBD Wellness**

Stressed? Can't sleep? CBD is your solution.

ebb + flow's all-natural CBD products will help relieve stress, improve sleep quality, and renew balance and focus.

Too good to be true? Nope. We're backed by science.

([link to science page](#))

### **Premium Products You Can Trust**

Quality is our priority.

Our CBD is sourced from industrial hemp grown in the EU's nutrient rich organic soils.

ebb + flow CBD is double CO2 extracted in Switzerland, THC free and Third Party laboratory tested for transparency in purity and consistency.

From farm to fingertip, each product is carefully selected. Just for you.

### **CBD + Immunity**

As autumn's chill blankets the world in frost, we are once again filled with the promise of holiday cheer. The colder months bring with them a craving for warmth, comfort, and resilience — and a strong immune system to ward off seasonal illness. With CBD wellness, you can prepare your body to get ahead of winter, ensuring you spend every moment with those you love.

As winter approaches, immunity becomes our shield. In this piece, we'll explore how CBD wellness supports the immune system, helping you enjoy the season with strength and vitality.

## **What is Immunity?**

Immunity is your body's natural defense. The immune system works tirelessly to identify and attack germs, protecting you and keeping you healthy.

## **Your Immunity Journey**

You can support and strengthen your immune system with these daily practices:

- Eating a balanced, nutrient-rich diet
- Exercising regularly
- Prioritizing sleep
- Avoiding smoking, excess alcohol, and harmful substances
- Taking supplements such as CBD drops

## **How Does CBD Support Immunity?**

To understand CBD's impact, it helps to know the role of the endocannabinoid system (ECS). The ECS regulates essential functions such as sleep, mood, appetite, and immune response, helping the body maintain balance.

CBD works with the ECS to support equilibrium. When it comes to immunity, its anti-inflammatory and immunomodulatory properties are especially powerful:

- Reducing Inflammation: Chronic inflammation weakens immune defenses. CBD interacts with ECS receptors to help calm inflammation and restore balance.
- Balancing Immune Response: As an immunomodulator, CBD adapts to your body's needs, whether boosting or moderating immune activity.
- Reducing Stress: Prolonged stress suppresses immunity. CBD's calming properties help manage stress, giving your system room to thrive.
- Improving Sleep Quality: Rest is essential for regeneration. CBD supports deeper, more consistent sleep, giving your body the chance to strengthen its defenses.

## **CBD + Science**

At ebb + flow, science guides our approach. We follow the latest research to ensure our products align with proven advancements. Studies suggest CBD may help strengthen the immune system by reducing stress, improving sleep, and easing inflammation.

According to NCBI.org, CBD “decreases cytokine production and tissue infiltration, and acts on a variety of other inflammation-related functions in several innate immune cells.” Clinical research is also exploring its therapeutic role in conditions such as multiple sclerosis, cancer, asthma, cardiovascular disease, and other inflammation-related illnesses.

Read more:

- CBD and Immunity, NCBI: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9964491/>

- CBD, Inflammation, and the Immune System:  
<https://www.liebertpub.com/doi/10.1089/can.2018.0073>

### **Get Ahead of the Winter Chills**

Prepare your body for the colder months with daily rituals that support immunity. Adding ebb + flow CBD drops to your routine can help keep your body strong so you can enjoy the season with energy, comfort, and ease.

### **Product Portfolio**

#### **Results: You love it or we fix it**

Advice: Dose support available

Delivery: 1-2 days to NL and BE

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### **5% CBD Oil**

#### **Benefits**

Looking for the perfect place to gently start your CBD journey? Search no further. 5% CBD is the lowest dosage of CBD extract we offer that will soothe and ground you, all while restoring focus and calm.

Often more drops are needed to effectively build your calm routine. 5% CBD is most suitable for those with lower average body weight, so consider starting with the 10% CBD oil if you do not fit into this guideline.

Allow 5% CBD to work with you in your everyday activities. This plant-based product will promote balance and productivity, so take it before activities like sitting down at your desk to work, moving your body in a yoga session, or immersing yourself in peaceful meditation practice.

Feel confident about the ingredients you put into your body. At ebb + flow, quality, safety, efficacy, and transparency are our core values. Our CBD is sourced from EU industrial organic hemp grown in nutrient-rich soils.

Gently formulated to restore and balance your endocannabinoid system, our CBD products contain 0% THC. Our signature blend of antioxidant-rich Spanish olive oil and Swiss Gold Plus CBD extract with double-extracted CO2 creates a premium CBD oil with a golden color and smooth taste.

So relax, enjoy, and reap the many benefits of our 5% CBD.

### **Ingredients**

500 mg Broad Spectrum Swiss Gold CBD extract

10 mL bottle: Contains approximately 260 CBD oil drops (1.92 mg CBD/drop)

0% THC: Non-psychoactive (will not give you mind-altering side effects)

CBD sourced from selected EU organic industrial hemp plant

Suitable for Vegans

Ingredients: Olive oil, hemp extract (5%)

Third Party Lab Report

### **Dose Support**

At ebb + flow, we know that everyone is unique and our CBD dosage is very personal, as it depends upon your wellness habits and your body weight.

We recommend starting “low and slow”. The best way to find the right dose is to start with the lowest dosage and gradually increase the drops daily until you find what works best for your body.

Recommended Dosage:

- To put your mind in a state of focus and calm, we recommend using approximately 10-20 mg CBD at a time (3-10 drops 5% CBD oil).

Instructions for use: Place the CBD oil drops under your tongue. Let sit for 60 seconds and swallow. This allows the CBD and other cannabinoids to enter the bloodstream via the mouth. Some people feel the results immediately after taking the CBD and for others, it may take 15-20 minutes.

If you are searching for long-term relief, routine is key. You can take your CBD oil dose two to three times a day. Maintain this routine for a few weeks to start achieving optimal results. CBD is not addictive and will not make you high.

The UK FSA recommends limiting CBD intake to 70 mg/day. This is equivalent to approximately 35 drops of 5% CBD.

Safety: This product is suitable for adults 18 years and older. Keep out of the reach of children. Food supplements should not be used as a substitute for a varied and balanced diet. If you are pregnant, lactating, taking any medication or have a medical condition, consult your doctor before using this product. Do not exceed 70 mg CBD per day.

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## 10% CBD Oil

### Benefits

Your CBD journey begins here. Our 10% CBD oil is a great start to accommodate any of your wellness needs. Allow 10% CBD to regulate your sleep, relieve your stress, ease your pains, and aid in sports recovery.

Our 10% CBD will support you throughout your day. Take these drops and feel your stress fade away as your body slips into a state of calm. This plant-based product will promote peace, restful sleep and light pain relief.

Feel confident about the ingredients you put into your body. At ebb + flow, quality, safety, efficacy, and transparency are our core values. Our CBD is sourced from EU industrial organic hemp grown in nutrient-rich soils.

Gently formulated to restore and balance your endocannabinoid system, our CBD products contain 0% THC. Our signature blend of antioxidant-rich Spanish olive oil and Swiss Gold Plus CBD extract with double-extracted CO2 creates a premium CBD oil with a golden color and smooth taste.

So relax, enjoy, and reap the many benefits of our 10% CBD oil.

### Ingredients

1,000 mg Broad Spectrum Swiss Gold CBD extract

10 mL bottle: Contains approximately 260 CBD oil drops (1.92 mg CBD/drop)

0% THC: Non-psychoactive (will not give you mind-altering side effects)

CBD sourced from selected EU organic industrial hemp plant

Suitable for Vegans

Ingredients: Olive oil, hemp extract (10%)

### Dose Support

At ebb + flow, we know that everyone is unique. Your CBD dosage is very personal, as it depends upon your wellness habits and your body weight.

We recommend starting “low and slow”. The best way to find the right dose is to start with the lowest dosage and gradually increase the drops daily until you find what works best for your body.

#### Recommended Dosage:

- To relieve stress and anxiety: 10-20 mg CBD (3-5 drops 10% CBD oil)
- For sports recovery and relief from aches: 20-50 mg CBD (6-12 drops 10% CBD oil)
- For peaceful sleep relief: 50-70 mg CBD (13-17 drops 10% CBD oil)

To achieve optimal results, set a wellness goal. Every few days, check in and rate how well you are meeting your goal on a scale of 1-10. If you are not meeting your goals, consider adjusting your dosage.

Instructions: Place the CBD oil drops under your tongue. Let sit for 60 seconds and swallow. Some people feel results immediately, while others may take 15-20 minutes.

If you are searching for long-term relief, routine is key. You can take your CBD oil dose two to three times a day. CBD is not addictive and will not make you high.

The UK FSA recommends limiting CBD intake to 70 mg/day. This is equivalent to approximately 17 drops of 10% CBD.

Safety: This product is suitable for adults 18 years and older. Keep out of the reach of children. Food supplements should not be used as a substitute for a varied and balanced diet. If you are pregnant, lactating, taking any medication or have a medical condition, consult your doctor before using this product. Do not exceed 70 mg CBD per day.

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## **20% CBD Oil**

### **Benefits**

Our 20% CBD oil is a powerful solution to your troubles. Whether you require intense pain relief, significantly improved sleep quality, effective sports recovery, or anxiety alleviation, 20% CBD oil offers a soothing solution.

20% CBD oil will gently accommodate your wellness needs. A more potent solution than the 10%, the 20% CBD is a step up in your journey to relief. When implicated in your daily routine, 20% CBD oil will:

- Decrease sleep disruption
- Ease internal aches and pains
- Provide stress relief
- Aid in sports recovery

Feel confident about the ingredients you put into your body. At ebb + flow, quality, safety, efficacy, and transparency are our core values. Our CBD is sourced from EU industrial organic hemp grown in nutrient-rich soils.

Gently formulated to restore and balance your endocannabinoid system, our CBD products contain 0% THC. Our signature blend of antioxidant-rich Spanish olive oil and Swiss Gold Plus CBD extract with double-extracted CO2 creates a premium CBD oil with a golden color and smooth taste.

So relax, enjoy, and reap the many benefits of our 20% CBD oil.

### **Ingredients**

2,000 mg Broad Spectrum Swiss Gold CBD extract

10 mL bottle: Contains approximately 260 CBD oil drops (1.92 mg CBD/drop)

0% THC: Non-psychoactive (will not give you mind-altering side effects)

CBD sourced from selected EU organic industrial hemp plant

Suitable for Vegans

Ingredients: Olive oil, hemp extract (20%)

### **Dose Support**

At ebb + flow, we know that everyone is unique. Therefore, each CBD is designed to be specific to you. Your CBD dosage is very personal, as it depends upon your wellness habits and your body weight.

We recommend starting “low and slow”. The best way to find the right dose is to start with the lowest dosage and gradually increase the drops daily until you find what works best for your body.

### **Instructions:**

- For stress and anxiety: 10-20 mg CBD (1-2 drops 20% CBD oil)
- For sports recovery: 20-50 mg CBD (3-6 drops 20% CBD oil)
- For intense sleep relief: 50-70 mg (7-8 drops 20% CBD oil)

Place the CBD oil drops under your tongue. Let sit for 60 seconds and swallow. Some people feel results immediately, while others may take 15-20 minutes.

If you are searching for long-term relief, routine is key. You can take your CBD oil dose two to three times a day. Maintain this routine for a few weeks to achieve optimal results. CBD is not addictive and will not make you high.

The UK FSA recommends limiting CBD intake to 70 mg/day. This is equivalent to

approximately 8 drops of 20% CBD.

Safety: This product is suitable for adults 18 years and older. Keep out of the reach of children. Food supplements should not be used as a substitute for a varied and balanced diet. If you are pregnant, lactating, taking any medication or have a medical condition, consult your doctor before using this product. Do not exceed 70 mg CBD per day.



## **CBD Allergies**

Can CBD soothe your allergies?

Spring has sprung! That means sunshine, flowers, and promises of warmer days. It also means allergy season... eek! Don't worry, this year, get ahead of your sniffles with CBD.

Whether your discomfort comes from seasonal pollen, pet dander, or food, allergies are always a struggle that takes precious time out of our busy lives. The good news is that using our CBD wellness can relieve your allergies.

In this blog, we will explore the ways you can use CBD to improve your symptoms and ensure that you can make the most out of this beautiful season.

### **How does CBD help suppress allergy symptoms?**

CBD interacts with the body's endocannabinoid system (ECS), a complex network of receptors and neurotransmitters that regulate a number of physiological functions, including immune response and inflammation. By modulating the ECS, CBD has shown potential in reducing inflammation and calming immune system overactivity, which are important factors in allergic reactions.

At ebb+flow, we value science. That's why we follow the most recent CBD studies to ensure our brand keeps up with the most recent scientific advancements. Check out the research-backed reasons CBD soothes allergy symptoms below.

### **Science-Backed Benefits**

- **Anti-inflammatory Properties:** Inflammation is a large component of allergic reactions. CBD has demonstrated anti-inflammatory properties by preventing the production of pro-inflammatory cytokines and promoting the release of anti-inflammatory mediators. By reducing inflammation, CBD may alleviate allergic symptoms such as nasal congestion and skin irritation.
- **Immunosuppressive Properties:** CBD's ability to modulate the immune system is another mechanism through which it may offer relief from allergies. By balancing immune function, CBD could help prevent exaggerated immune responses to allergens, thereby reducing the severity of allergic reactions. Read more about CBD and immunity [here](#).
- **White Blood Cells:** Studies show that CBD helps control the development of white blood cells that respond when the body is exposed to allergens.
- **Symptom Relief:** According to a 2019 study on the relationship between CBD and

allergic asthma, CBD has the ability to soothe irritated skin and ease respiratory discomfort, making CBD's potential to address various allergy symptoms a promising area of exploration.

### **What do allergy symptoms look like?**

Sore throat  
Runny nose  
Sinus congestion  
Headache  
Red, watery eyes  
Itchy skin

### **In what ways does CBD indirectly help with symptom relief?**

- Increases quality of sleep: read about CBD and sleep [here](#)
- Boosts overall wellness: Read about CBD and wellness [here](#)
- Puts you in a better mood
- Relieves physical discomfort
- Relieves stress: Read about CBD and stress [here](#)
- Allows you to perform your best: Read about CBD and sports performance [here](#)

### **How can you incorporate CBD to help with allergies?**

Use high-quality CBD: All ebb + flow products are made with organic, high-quality ingredients. Quality matters, especially when your goal is to ease allergy symptoms. Our products ensure the highest efficacy and safety.

Medical Consultation: You can use CBD alongside traditional allergy medication to ease your symptoms. However, it is recommended that you consult a medical professional before incorporating CBD into your routine, especially if you have underlying medical conditions.

Be consistent: In order to reap the full benefits of CBD for allergy prevention, incorporate CBD into your daily routine and monitor its effects over time.

### **Get on top of seasonal sniffles!**

Itchy eyes, sore throats, and runny noses are no fun for anyone, and spring is here, so add our CBD drops to your routine today!

All images from Pexels. Here are the links:

<https://www.pexels.com/search/spring/>

<https://www.pexels.com/search/allergies/>