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DOES CBD OIL GO BAD?

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In the ever-evolving world of CBD, questions about product longevity, shelf life, and potential expiration are common. While offering insights into understanding CBD, the different types of CBD oil, and how to manage the expiration of your **CBD products**, this guide aims to answer the question of "how long CBD is good for" and "does CBD oil expire?" The answer to the latter question is, of course, yes. But there's a lot of nuance to it, so let's take a closer look at CBD and CBD oil tinctures.

UNDERSTANDING CBD & CBD OIL

CBD, short for cannabidiol, is a natural non-psychoactive chemical compound derived from the cannabis hemp plant. Since CBD enhances the body's endocannabinoid system, CBD gummies, oils, and various other CBD products are renowned for their host of wellness benefits, ranging from stress relief to pain management.

You may be asking yourself, "what is the endocannabinoid system?" Well, the endocannabinoid system is a complex cell-signaling system found in the bodies of all animals, including humans. This system plays a pivotal role in regulating physiological processes and maintaining homeostasis (balance). With the help of hormone producers and receptors, messages are passed within the endocannabinoid system from molecular compounds, known as endocannabinoids, that naturally occur in the body or cannabinoids that are ingested through CBD-infused products, including CBD edibles, sublingual oils, and vapes.

TYPES OF CBD OIL

There are various types of CBD oils, each offering a unique profile of cannabinoids and compounds. Understanding the distinctions between **CBD spectrums** is crucial for making informed choices when it comes to your CBD journey. Between full spectrum CBD, broad spectrum CBD, and CBD isolate, there are key differences one should know in order to find their perfect match.

FULL SPECTRUM CBD VS. BROAD SPECTRUM CBD VS. CBD ISOLATE

- **Full Spectrum CBD:** Extracted from the hemp plant, full spectrum CBD contains all the cannabinoids from the plant, including a trace amount of THC (tetrahydrocannabinol). The full cannabinoid profile of the hemp plant works together synergistically during the **Entourage Effect** to better enhance the effects of each cannabinoid. When CBD and other hemp compounds are taken together, thanks to the Entourage Effect, you can expect a more potent effect to lead you on your CBD adventure.
- **Broad Spectrum CBD:** Broad spectrum CBD is similar to full spectrum CBD, except it has undergone an additional filtering process to remove all detectable traces of THC. Broad spectrum is ideal for those who want to still enjoy the Entourage Effect, but without the effects of tetrahydrocannabinol.
- **CBD Isolate:** With all other hemp content filtered out, CBD isolate is pure CBD with no other cannabinoids. Suitable for those seeking isolated CBD benefits, CBD isolate oil is odorless, flavorless, and lacks the compounds that create the Entourage Effect, meaning you will undergo a pure reaction to the CBD, itself. CBD isolate can also be great for refined flavor profiles, since it doesn't have a pre-established flavor.

CAN CBD OIL GO BAD?

In short, yes, **CBD oil does expire**, but the process is gradual with various factors that play into the **shelf life of CBD**. The primary factors affecting CBD's shelf life are exposure to light, heat, and air. CBD oil can lose its strength and potency if stored improperly or kept longer than two years. Since CBD is photoreactive, the quality eventually degrades, making proper storage key to preserving the quality of your CBD oil for the span of its shelf life.

When finding your new favorite CBD products, like our **CBD + CBG Oil Wellness Tincture** or **CBD + CBN Oil Calming Tincture**, it's important to remember that maintaining the quality of your products relies on the storage.

- **Store CBD in an Airtight Container:** Air has a way of degrading the quality of most ingestibles. CBD gummies, oils, and most perishables are included, so storing CBD the correct way is of the utmost importance. All of our products already come in quality airtight bottles, but accidents do happen. If you find that you may have cracked or compromised the packaging, make sure to rebottle your products in an airtight container that prevents air from getting in and breaking down the quality of your CBD.
- **Store in a Cool Dry Area:** Heat and sunlight can also have adverse effects on your CBD oil's expiration. Make sure to store your CBD products in a cool, dry place, out of direct sunlight, like a cupboard or drawer.

EXPECTED SHELF LIFE FOR CBD OILS

The typical shelf life of CBD oil is approximately one to two years. However, factors such as storage conditions and the type of carrier oil used can influence its longevity. Dark glass bottles and cool, dark storage spaces are optimal for maintaining CBD oil quality.

It's also important to get your CBD products from reputable manufacturers, like CBDfx. Since our products are made with organic hemp, grown at pesticide-free farms, we already start the process with some of the purest and highest-quality ingredients to ensure a longer shelf life for our CBD products. Our high-quality ingredients are then further protected with the help of airtight storage solutions.

WHERE CAN I FIND THE OIL EXPIRATION DATE FOR MY CBD OIL PRODUCT?

Expiration or best-by dates can typically be found on the exterior product label on the outside of the packaging. This date offers guidance on when the oil is likely to start degrading. Always check for this information before purchasing or using CBD products, like our **CBD Oil Sleep Tincture** or **Bacon Flavored CBD Oil for Dogs**. But, if you find that the leftover CBD bottle at the back of your drawer has an old scratched off label, you can usually tell if your edibles or oil has expired by smell or discoloration. Rancid oil will give off an odor and turn dark and murky in color.

WHAT SHOULD I DO WITH EXPIRED CBD?

If your CBD oil has passed its expiration date, consider these steps:

- **Check for Changes:** Assess the oil's color, consistency, and smell. Any significant changes may indicate expiration.
- **Use Discretion:** While expired CBD may not be harmful to your health, its potency and effectiveness can diminish over time. Use your discretion when deciding whether to consume or dispose of CBD products.
- **Proper Disposal:** If you decide to discard expired CBD oil, follow your local guidelines for environmentally friendly disposal.

FINAL THOUGHTS ON CBD & CBD OIL EXPIRATION

In conclusion, understanding the nuances of CBD and its various spectrum oil types is crucial for making informed decisions about your CBD journey. With full spectrum oils, like our **Delta-9 THC Oil Drops: Sweet Dreams Blend** and our **Delta-9 THC Oil Drops: Ultimate Chill Blend**, or broad spectrum CBD oils, like our **Focus Blend CBD Mushroom Tincture** and **Relax Blend CBN Mushroom Tincture**, it's important to keep your CBD's expiration top of mind. While CBD oil does have a shelf life, proper storage and regular checks in quality can help extend its longevity. Always be aware of the expiration date, assess the product for changes, and make thoughtful choices when it comes to using or discarding CBD oil.

As you navigate the vast landscape of CBD products, armed with knowledge about expiration and product types, you can make the most out of your CBD experience. Remember, a well-informed CBD enthusiast is a confident CBD enthusiast!

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