

# CBNoIEx™ FACT SHEET

## What is CBNoIEx™?

CBNoIEx™ is a pharmaceutical grade hemp oil distillate oral drops/tinctures solution comprising Cannabinol (CBN) and a proprietary blend of terpenes that have been shown to exhibit Anti-inflammatory and Pain Relief effects, in addition to play an important role in the "Entourage Effect."

## How is CBNoIEx™ Available?

CBNoIEx™ comes in a 30 ml white colored bottle and is available in three dosage forms:

- 10 mg CBN per serving
  - 15 mg CBN per serving
  - 20 mg CBN per serving
- One serving is equivalent to 1 ml, and each bottle of CBNoIEx™ contains 30 servings (30 ml).

All our CBNoIEx™ oral drops ("CBN tinctures") are 100% free of THC.

## What is in CBNoIEx™?

Broad Spectrum Hemp\* oil distillate, Cannabinol (CBN), Other Phytocannabinoids, Medium-Chain Triglyceride (MCT) oil\*, a proprietary blend of Terpenes.

\* Organic ingredient.

## How to obtain CBNoIEx™?

Following FDA's strong recommendation for any one considering consuming Cannabinoid (including CBN) products to first consult a Healthcare Practitioner. CBNoIEx™ can only be obtained upon recommendation from a Healthcare Practitioner.

Any one in need of, or considering, taking CBN products can ask their Healthcare Practitioner about CBNoIEx™ and purchase the recommended dosage directly from the Healthcare Practitioner's Office.

For suggestions regarding how to talk a Healthcare Practitioner about incorporating CBNoIEx™ into your daily practice, please feel free to contact us at [into@fpbotanical.com](mailto:into@fpbotanical.com).

## How to take CBNoIEx™?

- STEP 1: Shake the bottle gently.
- STEP 2: Squeeze the rubber top of the dropper to collect one full dropper amount of the tincture.
- STEP 3: Tilt your head back slightly, open your mouth, and lift your tongue.
- STEP 4: Drop the full dropper amount of tincture underneath your tongue.
- STEP 5: Let the tincture sit under your tongue for 30 to 90 seconds and then swallow the remaining.

## FDA Statement

CBNoIEx™ has not been reviewed and/or approved by the U.S. Food and Drug Administration (FDA). Any statement(s) made regarding the product(s) in this document or elsewhere is/are not intended to diagnose, prevent, treat, or cure any diseases. The information on this sheet and/or our website is intended to provide general information regarding our products and is not to be construed as medical advice or instruction.



## What is Cannabinol (CBN)?

- Cannabinol (CBN) is produced when the cannabis or hemp plant ages. Enzymes, ultraviolet light and heat produce changes at various stages of the plant's life to transform CBGA (or cannabigerolic acid) ultimately into the CBN cannabinoid.
- More precisely, most cannabinoids start off as CBGA in the hemp plant. As the hemp plant matures, enzymes transform the CBGA into CBG (cannabigerol), CBDA (cannabidiolic acid), THCA (tetrahydrocannabinolic acid), and CBCA (cannabichromenic acid).
- THCA, on being exposed to heat, becomes THC. On being exposed to ultraviolet light, such as from sunlight, THCA transforms into CBNA (cannabinolic acid). This CBNA, when exposed to heat, decarboxylates into CBN (cannabinol).

## Does CBN Help with Sleep?

(Only preliminary studies, none supported or approved by the FDA)

- Taking CBN oil 30 minutes before bed time has been shown to help fall asleep faster and stay asleep longer.
- Users of CBNolEx™ report waking up feeling refreshed without a groggy feeling.
- It's important to note that due to its sleep-supporting properties, one should not take CBN before driving or operating heavy machinery.
- CBNolEx™ additionally comprises terpenes that, together play a role in maintaining homeostasis while you sleep, and is even more effective as sleep cycle support than other CBN for sale.

## CBN Precautions

- CBN is primarily marketed and sold as a supplement, not a FDA approved medication with the exception of Epidiolex
- Vaping CBN products has been linked to severe pulmonary illness.
- Currently, there is no regulation on the safety and purity of CBN products. Therefore, you cannot know for sure that the product you buy has active ingredients at the dose listed on the label. In addition, the product may contain other (unknown) elements.
- The most effective therapeutic dose of CBN for any particular application is unknown
- **CBN** is well tolerated even at high doses but can cause side effects
  - Nausea, diarrhea, fatigue, and irritability
- **CBN can interact with several medications including blood thinners.**
- CBN has been found to have a relatively low toxicity, although not all potential effects have been explored.
- **Before using any cannabinoid, including CBN, products, consult a healthcare practitioner to ensure your safety and avoid potentially harmful interactions.**

F.P. Botanicals does not sell or distribute any products that are in violation of the United States Controlled Substances Act (USA CSA). The company does sell and distribute legal hemp-based products. All our products are made in USA.

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