

# STACKING & BALANCE



*Put simply, “stacking” cannabinoids means combining multiple hemp-derived cannabinoids to get a desired effect.*

Stacking has become a common practice with wellness enthusiasts especially those familiar with nootropics. Like nootropics there are many different kinds of cannabinoids, and they act on different parts of the body. If you can correctly stack or combine cannabinoids, you can get an even greater targeted effect. Cannabinoids are not the only compounds found in the plant *Cannabis sativa* that can have this effect; Terpenoids (Terpenes), flavonoids, and the combination of all of these together, called the “Entourage Effect”, can also have a modulating effect.

The SUSTAIN™ collection has been carefully crafted to provide a blend of specific cannabinoids and terpenes for a targeted effect. By stacking different combinations of our inhalable, ingestible, and edible products, as well as each product's unique onset and duration, a consumer can achieve a more diverse blend of cannabinoids, balanced entourage effect and experience.

A diverse offering of curated cannabinoids found in each of our products makes it easy for any individual to combine and experience the synergistic effects. Review a list of our cannabinoids:

- **THCV** (tetrahydrocannabivarin) may increase energy levels, mental clarity and suppresses appetite, which can support weight loss. THCV oil is also being studied in relation to nicotine addiction and for potential benefits for mental and physical health and wellness, as well as stimulating bone growth.
- **CBG** (cannabigerol) may increase energy levels, enhance productivity, and support natural functions to relieve stress. CBG oil is also being studied in relation to anxiety/depression, inflammation, glaucoma, and brain health.
- **CBN** (cannabinol) may increase melatonin levels, promote relaxation and calmness, which can support better sleep. CBN oil is also being studied in relation to glaucoma, neurodegenerative conditions, as well as antibiotic resistant bacterial infections like MRSA.
- **CBD** (cannabidiol) may ease anxiety and inflammation, improving quality and quantity of sleep, and support natural functions like circadian rhythm. CBD oil is also being studied in relation to depression, insomnia, restless legs and excessive daytime sleepiness disorder.
- **HHC** (hexahydrocannabinol) has been observed to induce less potent psychoactive and sedative effects than conventional delta-9THC, but yet has similar benefits. HHC may ease anxiety, improve the way the mind perceives pain, and support natural functions for recovery from exercise induced inflammation.

