

Muddy Boot Botanical's FAQs

Overview of Categories:

1. CBD Basics
= 8 questions
2. Muddy Boot Botanical Products
= 10 questions
3. Usage
= 8 questions
4. Subscriptions
= 4 questions
5. Shipping, Returns, & More
= 6 questions

CBD BASICS

> What is CBD?

[Cannabidiol](#) (CBD) is only one of hundreds of chemical compounds found in cannabis plants. CBD oil is extracted from industrial hemp, a variety of the cannabis plant specifically bred to have low levels of THC. Compared to THC, CBD is not psychoactive and won't produce the sensation known as a "high," has a higher tolerable safety profile, and is commonly used for medicinal purposes.

Source:

<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/is-cbd-safe-and-effective/faq-20446700>

> Does CBD help with pain?

[Recent research](#) shows CBD products have potential benefits for pain management. CBD interacts with receptors attached to the cells in the brain and central nervous system to facilitate an anti-inflammatory response, which may result in a decrease to certain pain levels.

Sources: [cbd-oil-for-pain](#)

> Does CBD help with anxiety?

CBD can affect how the brain interacts with the body's existing serotonin levels. Serotonin is a "feel-good" chemical produced by your body, and if low, can cause irritability, lack of focus, and fatigue. [By taking CBD](#), it is possible to balance certain receptors in your brain to promote a sense of calm and peace.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4604171/>

> Is CBD legal?

CBD is legal in all 50 U.S. states. CBD products are considered federally compliant in the United States when containing less than [0.3% THC](#). However, the legality of CBD varies by country.

<https://www.fda.gov/news-events/public-health-focus/fda-regulation-cannabis-and-cannabis-derived-products-including-cannabidiol-cbd>

> How long does CBD stay in your system?

There are a lot of [different factors](#) that influence the amount of time it takes for CBD to leave your system. While each individual's situation is unique, it takes the average person between 2 to 5 days for CBD to leave their body.

Sources: <https://www.healthline.com/health/how-long-does-cbd-stay-in-your-system>

> Can I travel with CBD?

Yes, it is safe to travel and fly with CBD products within the United States. According to the [Transportation Security Agency](#) (TSA), products that contain no more than 0.3% of THC are legal to travel with domestically. If you're traveling internationally, always check with the laws of the country you're traveling to before packing your CBD, as regulations vary by country.

Source: <https://www.tsa.gov/travel/security-screening/whatcanibring/items/medical-marijuana>

> How do I know CBD is safe?

All of our CBD extracts go through full panel 3rd party testing by independent laboratories in the United States. These full panel tests include data about cannabinoid potencies, residual solvents, heavy metals, microbial activity, pesticides, and mycotoxins. We have a secure supply chain for cannabinoid-rich oils and extracts made from USA-grown hemp. Please [contact us](#) for specific questions about lab testing and supply chain management.

> What are the potential side effects of CBD?

[CBD's side effects](#) may include drowsiness, fatigue, changes in appetite, and diarrhea. If you currently use medication such as blood thinners, you should speak with a medical professional before starting a CBD routine. CBD is not intended to cure or diagnose any illnesses.

Sources:

<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/is-cbd-safe-and-effective/faq-20446700>

MUDDY BOOT BOTANICAL PRODUCTS

> What makes MBB different from other CBD companies?

Muddy Boot Botanicals is a small, locally-owned business from Salem, Oregon. Unlike large retailers, our products are hand-made and reflect our dedication to providing our customers with a personalized CBD experience. Learn more about our humble beginnings [here](#).

> Will your products get me “high?”

Our CBD broad spectrum products will not get you “high.” These products contain no THC, which is the [psychoactive compound](#) found in marijuana that produces the sensation known as the “high.” However, CBD full spectrum products contain small, regulated traces of THC that may encourage a stronger feeling of relaxation, but still don’t produce the “high.”

Sources =

https://www.health.harvard.edu/newsletter_article/cbd-products-are-everywhere-but-do-they-work

> Do your Products contain THC?

Muddy Boot Botanicals offers full spectrum and THC-free products. Our full spectrum oils contain significant concentrations of CBD and compounds naturally occurring in the hemp plant. Our THC-free options use broad spectrum oil, which has been refined to remove THC to below detectable levels. If you’re unsure of which products contain THC, please [message us](#) to ensure you receive the best product for your lifestyle.

> Can I view your certifications?

LINK LAB RESULTS CERTIFICATION

> Where can I buy your products?

You can find our products at a variety of [retail stores](#) in Oregon, and during summer and fall seasons, at local markets and bazaars in Salem and Portland. Browse our full catalog of products available to purchase online year-round [here](#).

> What ingredients go into your products?

We source our ingredients from qualified suppliers in the USA who can provide a certificate of analysis (COA) for our specific order. Our beeswax is sourced locally in Tualatin, Oregon.

> Where do you source your hemp from?

All of our hemp is sourced from licensed, USA growers. Nearly all of our CBD oil is extracted and distilled in Oregon. We are proud to support Oregon-grown and processed hemp.

> How do you test your products?

Before going into products, all of our CBD and hemp-derived oils go through full panel testing and cannabinoid potency. Once the CBD is added to the finished products, we test cannabinoid potency again to ensure you receive a safe, consistent product every time. We are proud to partner with licensed testing facilities based in Oregon to ensure our products are reliable and trustworthy. **See the ‘Test Results’ tab on each product page to view the most recent results for your item**

> Are your products vegan and gluten-free?

All Muddy Boot products are gluten-free. The majority of our products are also vegan— certain topical products contain beeswax and our Pet Drops contain salmon oil. Our production lab observes thorough sanitary practices during and after production when handling non-vegan and allergen-potential ingredients. Please [contact us](#) if you have any questions regarding the ingredient sourcing and handling for specific products.

USAGE

> What is the best way to take CBD?

There are many ways to use CBD. The most popular forms include edibles, lotions, smokeables, and oils. Each method will interact with your body in unique ways and have varying effects upon your body’s ability to absorb and utilize CBD. Remember, this is natural and may not result in instant gratification upon initial usage. We recommend daily use of CBD products in order to build a healthy routine and provide your body with a consistent supply of CBD to interact with.

> How do I know what dosage is right for me?

The dosage of CBD varies greatly from person to person and is affected by factors such as age, weight, sex, and sensitivity. We recommend starting with the recommended dosage on your product’s packaging, and gradually increasing the dosage overtime if need be until you feel the desired effects.

> How long does CBD take to work?

The [effects of CBD](#) can be felt 30 - 90 minutes after being taken or applied. However, if you don't feel major effects right away, don't be discouraged. It can take up to a few days or weeks to reach the desired effects, and can vary from person to person.

Sources: <https://www.healthline.com/health/how-long-does-cbd-stay-in-your-system>

> How much CBD is in a serving size?

The amount of CBD you should take varies from person to person. If you're a first-time CBD user, then we recommend starting with the recommended serving size listed on the product packaging.

> Is it safe to take CBD with other medications?

CBD may alter the effects of your medication. Before using any CBD products, talk with your doctor to ensure that no negative side effects will occur with your [existing medications](#).

> Can I use CBD while pregnant or breastfeeding?

At this time, there is [not sufficient evidence](#) to know if taking CBD while pregnant or breastfeeding has any negative effects. As always, make sure to consult your doctor to see if CBD is right for you before taking.

> Can my child take CBD?

CBD may be safe for your child to take depending on their [medical history](#). More studies are being published on the benefits of CBD for epilepsy, anxiety, and other conditions in young children. Always make sure to consult your pediatrician before giving your child CBD.

> How do I take CBD drops?

CBD drops must be taken sublingually. Start by placing the desired serving size of drops underneath your tongue. Hold the drops under your tongue for 30-60 seconds before swallowing.

SUBSCRIPTIONS

> How does your subscription service work?

Our subscription service allows you to consistently receive your CBD products at the same time every month without the hassle of manually reordering. Our automated subscription service won't only save you time, but money.

> How does subscribing save me money?

When you sign up for a subscription, you'll receive 20% off regular pricing, and will consistently receive high-quality CBD products for a fraction of competitor pricing.

> When will my subscription be delivered?

We offer one month subscriptions for our products. If you are interested in receiving your CBD product(s) more frequently, then please send us an email at hello@muddybootbotanicals.com so we can adjust your delivery accordingly.

> How do I manage my subscription?

If you have any questions about your subscription, please send us an email at hello@muddybootbotanicals.com.

SHIPPING, RETURNS, AND MORE

> How do you ship your products?

We take pride in individually hand wrapping all orders. Our orders come in secure packaging and generally ship via USPS. For larger orders going farther distances, you can expect FedEx or UPS to arrive at your door. Look out for shipping confirmation and details in your email.

> Do y

ou deliver your products locally?

Yes! We are proud to deliver products locally to Salem, Oregon and surrounding areas. Please enter your zip code when ordering to know whether you qualify for local shipping.

> **Do you ship internationally?**

At this time, we do not ship internationally.

> **Can I track my order?**

Once your order is shipped, you should receive an email with your package's tracking number and other shipping information.

> **What is your return policy?**

Let us know within two weeks of receiving your order if you aren't satisfied, and we will offer a full refund or product exchange.

> **Do you offer discreet packaging?**

At this time, we do not offer discreet packaging. If you have a question about our packaging, please send us an email at hello@muddybootbotanicals.com.