

# New CBD Gummies

“Biotics Research has partnered with Ananda to provide the highest quality, safest, and most reliable four cannabinoids on the market.”

How would you rate your bliss factor? I know that sounds kind of corny, but your body has a fatty acid neurotransmitter called anandamide, and when it breaks down, your bliss factor decreases.

“Ananda” comes from a Sanskrit term meaning joy, bliss, or delight, plus the suffix amide. Anandamide was the first endocannabinoid to be discovered. It participates in the body's endocannabinoid system by binding to cannabinoid receptors. Age, stress, and environmental toxins can inhibit anandamide, but CBD and other cannabinoids inhibit its breakdown.

You can see an amazing webinar by Dr. Alex Capano as she describes that there are over 100 cannabinoids and that they have an entourage effect upon our body. CBD is like one instrument in a complex symphony, but CBG and CBN are like different instruments, and together they bring harmony. Dr. Capano is the chief medical officer for Ananda, a full-service hemp farming, manufacturing, and laboratory corporation.



Biotics Research has partnered with Ananda to provide the highest quality, safest and most reliable cannabinoids on the market.

Quality control is one of the hallmarks of Biotics, and they wanted to make sure they worked with a company that mirrored their commitment to excellence. In fact, if you scan the QR code on any bottle, you can get a certificate of analysis on the individual batch of the product in hand.

The CBD market is like the wild west when it comes to purity, reliability, and reproducibility batch to batch. Cannabinoids come from

plants, and the phytochemical properties vary due to growing season, time of harvest, weather conditions, transportation, and processing temperature to name a few. The CBD market is so unregulated that both the FDA and JAMA in two separate studies showed 91% and 74% of products did not meet label claims.

And let's not forget, one of the cannabinoids, THC, can have major impacts on job performance and in some work situations, legal implications if taken unknowingly. For that reason, Ananda has three layers of products: a full spectrum line that contains

.3% or less THC, a broad-spectrum line that is completely THC free, and a suite of isolated cannabinoid products like CBD. As you might expect, isolated products require higher amounts and more frequent dosage applications compared to the entourage effect of the full spectrum and broad-spectrum products. See the link that shows a few of the 100 plus cannabinoids and some of their physiologic effects.

Three Biotics products, the full spectrum extract soft gel, the full spectrum liquid and, a roll-on are still available through Biotics, but now with the Ananda label. However, Biotics is adding three broad spectrum gummy products to the line: one for stress and anxiety called SereniPlex, one for pain and inflammation called InflaEze, and one for sleep called SomniVive.

The unique aspects of each of these formulas is that they combine the cannabinoids that are the most stable and address the condition that they want to support. Each formula has at least 2 or 3 different cannabinoids, but the unique part of the formula are the specific botanicals and nutrients that are added in addition to the cannabinoids in therapeutic doses as a tasty gummy.

We'll come back and look at SereniPlex and InflaEze on another video, but let's look at SomniVive as an example, because if we are not sleeping, we are not repairing. SomniVive contains 10 mg of mixed cannabinoids as 8 mg of CBD and 2 mg of CBN, 100 mg of GABA, 100 mg of 5-HTP, and 5 mg of melatonin. Unlike most of the gummies on the market, Ananda's gummies contain only natural colors, sweeteners, and flavors.

Many of us are familiar with CBD studies on pain and anxiety, but a published study in *The*

*Permanente Journal* in 2019 found that CBD may improve sleep in people with anxiety and sleep problems. The study involved 72 adults, with 47 experiencing anxiety and 25 experiencing poor sleep. After the first month, 79.2% of participants reported lower anxiety levels, and 66.7% reported better sleep. Another study published in *Current Psychiatry Reports* in 2020 analyzed 13 studies involving over 400 participants and found that CBD improved sleep in 75% of participants.

Whereas, CBD is the most well-known cannabinoid, CBN is considered to be the most sedating cannabinoid, promoting better quality sleep, helping people fall asleep and stay asleep, and wake up energized. A study published in the *Journal of Cannabis Research* in 2020 investigated the effects of a CBN-rich cannabinoid extract on sleep. The study involved 23 participants with insomnia, who were given the extract containing CBN and other cannabinoids for four weeks. The researchers found that the extract improved sleep quality and reduced the time it took to fall asleep in the majority of participants.

We have discussed the value of 5-HTP and melatonin in the past as powerful sleep aids. 100 mg of GABA may not seem like a therapeutic dose, however, the synergistic effect of CBD and CBN as well as the nutraceutical benefits of the additional ingredients make this product unique and effective. And let's be realistic, do think your patients would rather take a tasty gummy before bed or another pill?

Thanks for watching. I look forward to being with you again next Tuesday.