



# Wellness Minute

Health Information You Can Use On Your Path To Wellness



Relax...

These are the highest quality, safest, and most reliable cannabinoids on the market.

New!

Stress · Pain · Sleep

## 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.

Did you know there are over 100 cannabinoids, and that they have an entourage effect upon our body? Let me explain. CBD is like one instrument in a

complex symphony, but CBG and CBN, both different cannabinoids, are like different instruments, and together they bring harmony. Biotics Research has partnered with Ananda to provide the highest quality, safest, and most reliable four cannabinoids on the market.

Ananda is a full-service hemp farming, manufacturing, and laboratory corporation. 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. This field is so unregulated that “both the FDA and JAMA, in two separate studies, showed 91% and 74% of CBD products tested did not meet label claims.”

As you know, one of the cannabinoids is THC, which 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

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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. 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 (both CBD and CBN), 100 mg of GABA, 100 mg of

5-HTP, and 5 mg of melatonin. Unlike most of the gummies on the market, Ananda gummies contain only natural colors, sweeteners, and flavors.

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.

There are many sleep products that combine 5-HTP, melatonin, and GABA because they are powerful sleep aids. But adding the synergistic benefits of CBD and CBN sets SomniVive gummies by Ananda above anything else on the market. And let's be honest, who wouldn't want to enjoy a tasty gummy before bed instead of a pill. Ask your wellness professional about SomniVive gummies and other CBD products now available from Biotics Research.