



## What carrier oils are there?

In principle, CBD can be dissolved in all edible oils. However, there are enormous differences in quality. This already starts in the production process: refined oils have nowhere near the nutritional value that cold-pressed oils from controlled organic cultivation offer. It therefore makes sense to inform yourself about the quality of the carrier oil before buying in order to achieve the optimal health value of a CBD product.

### MCT (Medium Chain Triglycerides) oil

Medium chain triglyceride (MCT) oil consists of coconut or palm oils. Chemically, it contains a particularly large number of triglycerides from medium-chain fatty acids, such as caproic acid, caprylic acid, capric acid and lauric acid, which are water-soluble thanks to their limited chain length and can be absorbed more quickly or metabolised by the liver.

### Advantages and disadvantages of MCT oil

#### Advantages

- quick energy dispenser
- antibacterial, antifungal, antiviral
- nerve-strengthening
- promotes physical and mental endurance
- stimulates lymphatic activity
- has a decongestant effect
- analgesic
- anti-allergenic
- has a high solubilising effect, so that highly effective CBD oils can be absorbed quickly and efficiently by the digestive tract [2].

#### Disadvantages

- lacks other herbal substances and antioxidants that are present in other carrier oils
- has little to no flavour
- is often highly processed
- The use of palm oil is, depending on the source, ecologically questionable.

#### Hemp seed oil

Unlike hemp oil, the oil extracted from the seeds of the hemp plant has no cannabinoids or terpenes. However, it can enhance the effect of CBD through the entourage effect of those plant substances that are not present in the flower and leaves of the hemp plant. This is why this oil is also often used in full-spectrum products. In addition, the oil is rich in omega-3 fatty acids, which are particularly beneficial for the functioning of the brain, joints, skin and immune system.



## **Advantages and disadvantages of hemp seed oil**

### Advantages

optimal 3:1 ratio of omega-3 to omega-6 fatty acids  
Contains 70 - 80 % polyunsaturated fatty acids as well as an enormous amount of essential fatty acids  
good against heart, circulatory and vascular diseases  
anti-inflammatory  
rich in antioxidants, such as vitamins B1 and B2, vitamin E, carotenoids  
contains calcium, magnesium, potassium, iron, zinc, phosphorus, manganese, copper as well as sodium  
Rich in other hemp substances, such as terpenes  
unique herbal flavour [3].

### Disadvantages

somewhat lower solubilising effect than MCT oils  
More expensive than MCT oil

How to recognise a good carrier oil?

Basically, every oil has its advantages and disadvantages. Individual and objective factors are decisive for choosing the right oil, such as:

- Allergies
- Personal taste preferences
- Bioavailability of the oil
- environmental impact of raw material extraction

### Allergies

Allergy sufferers with a nut allergy in particular should refrain from buying and taking CBD products with nut oils as carrier oil. MCT oil, for example, is a mixture of palm kernel and coconut oil. For allergy sufferers, this mixture can be tricky.

### Taste

Every oil naturally has its own taste, which is not always to everyone's liking. MCT oil is considered to be largely neutral in taste. Coconut and olive oils have a particular flavour of their own. Hemp seed oil has a slightly nutty note, which is why it is also used in the preparation of salads. If you don't like the taste of the oil or CBD, you can also use the so-called "edibles". These are medicinal foods with cannabis extracts, such as biscuits, drinks or sweets. These preparations often have the original taste, except that they contain CBD [6].



## Bioavailability

The term "bioavailability" comes from pharmacology. It indicates how quickly and extensively an active substance is absorbed into the blood. Medium-chain triglycerides are particularly suitable for effective absorption into the human organism. Since MCT oil in particular has plenty of them, it is generally considered the carrier oil with the best bioavailability. However, the other oils mentioned are also well absorbed.