



CBG - another ingredient in hemp

CBG is a component found in hemp. Like around 100 other cannabinoids, it can be extracted from the hemp plant. In the process, CBG is formed from CBG acid and CBGA and develops further into THC and CBD. It thus serves as the basis for the important ingredients, namely cannabidiol acid, cannabichromic acid and tetrahydrocannabinolic acid. CBG is mainly found in young and immature cannabis plants. The older the plant gets, the less CBG it contains, as THC and CBD are then formed from the CBG. Cannabigerol can practically only be extracted from young cannabis plants, as this is where the highest proportion is present.

Even though CBG is not yet so well known, it has numerous advantages and health effects, which, however, only play a minor role. Nevertheless, it can have a very positive effect on certain complaints. Much more attention should be paid to this cannabinoid.

How is CBG produced?

Cannabigerol is mainly found in young plants that have reached an age of about 6 weeks. In order to produce CBG, it can also be extracted from hemp seeds, although only a very small amount is found here. In this case, the cannabinoid is obtained from food hemp by a special extraction method. Finally, it is mixed with hemp seed oil, an ideal carrier oil with an excellent fatty acid pattern, to form CBG oil.

What is the difference between CBD and CBG?

Cannabigerol is practically the precursor to CBD. This means that a large amount of CBG is found in the young cannabis plants, which is then converted to CBD under the heat of the sunlight as well as under the drying process. Even though CBG is the precursor to CBD, there are some differences in the effect. These are relatively minor, but mean that you have to weigh up whether CBD or cannabigerol (CBG) is better for your symptoms.

CBG, for example, has a very positive effect on problem skin, sleep and mood, but is less useful for intestinal and digestive complaints or for pain management. CBG is said to be useful for eye complaints, such as glaucoma. This is due to the fact that cannabigerol can lower the internal pressure of the eye and thus ensure the drainage of tear fluid. This has not yet been found to be the case with CBD. CBG is also said to be used to support nausea. In contrast to CBD, CBG is said to stimulate the appetite. In general, however, it is certainly advantageous to take both phytocannabinoids, as they are particularly effective together due to special synergy effects.