

# CBD American Shaman

Jan. 31, 2022

## My review process:

1. I start by looking at the category of **trust and transparency** for the CBD company as a whole.
2. Then, I do a deep-dive into four **different products** where I look at oil drops, capsules, gummies, and a topical. If the company doesn't make all of these products, I simply review what they do make.
3. Each product is **individually reviewed** for the categories of **ingredients, lab testing, and product safety**.
4. I average the scores for each category, combine them, and take the average of that for the **final** overall score. This score determines whether a company is **Gold, Silver, or Bronze-Medal** Rated.

Notes: Whenever I refer to **lab testing**, I'm referring to **Certificate of Analysis (COA)** lab test results.

If you're interested in learning about the different **criteria** and specific **terms**, feel free to take a look at ***Understanding the Rating Process***.

General Scoring Steps	Possible Points	Earned Points
Trust and Transparency average score	100	90
Ingredients average score	100	78.75
Lab Testing average total score	100	47.5
Product Safety average score	100	50
Total number of points earned	400	266.25
Final overall score (average of the combined total)		66.5625

**Product types:** oil drops, capsules, gummies, edibles, topicals, flower/bud, pet CBD

**Formulations:** full-spectrum, broad-spectrum

**USDA-certified organic products:** none

**cGMP/GMP certification:** none

**General notes:** 1. Some products are made with proprietary nanotechnology (the science of making the CBD particle smaller to be absorbed faster by the body) that's supposed to make the CBD be absorbed up to 9x faster. 2. Some of the oil drop flavors are artificial. The sublingual tablets have artificial ingredients. Many of the topical ingredients have artificial ingredients, including things like DMSO which have potential side effects. 3. The prices are unjustifiably high. 4. Most of the oil drops don't have an ingredients list.

**Lab test/safety notes:** 1. There are some problems with missing lab testing. For example, many of the oil drops don't have contaminants testing. 2. I noticed that the 300mg oil drops (pina colada, full-spectrum, water-soluble) have Lead at 257 (limit 500) and trace amounts of Arsenic, Cadmium, and Mercury. 3. Multiple products have trace amounts of all four heavy metals.

**Pros:**

**Cons:** 1. Some of the ingredients are artificial. 2. Products are too expensive.

Trust and Transparency	Maximum Points	Points Actually Earned	Notes
Does the listed contact info include a contact form or email address, phone number, and mailing address (15)? If the site contains some of these but not all, add (3) points per element.	15	15	
Did customer service respond to my email and answer all of the questions (5), nearly all (4), or only some (2)?	5	0	
Are there straightforward reviews for individual products (20), or are the reviews mixed up (e.g. via Trustpilot) (10), or edited/reformatted in any way by the company (3)?	20	20	
Is there a money-back satisfaction guarantee for the return of <i>opened</i> products (15) or only unopened (5)?	15	15	45 days from website, 30 days from a store
Is the return policy straightforward and free of any major (10) or minor (5) fine print?	10	10	
Is the hemp grown in the US (5)?	5	5	
Do they <i>explicitly</i> say what extraction process is used (5)?	5	0	
Have they completely (10), mostly (6), or only partially (4) avoided making explicit therapeutic claims about products?	10	10	
Have they avoided making any <i>significant</i> claim that appears to be false (excluding CO2) (15) or misleading (1-10 depending on the severity) based on the available evidence?	15	15	
Have they ever received an FDA warning letter (-20 to -50 based on how recent)?			
<b>Trust and Transparency total points</b>	<b>100</b>	<b>90</b>	
Comments:			

Oil Drops			
Product name	Extra-Strength Water-Soluable Oil Drops		
Is the formulation full-spectrum, broad-spectrum, or isolate?	full-spectrum		
Total # of CBD milligrams	900mg		
Price	\$179.99		
Ingredients	Maximum Points	Points Actually Earned	Notes
Does it clearly state how much CBD is in each serving via the product page (10) or the product photo (7)?	10	10	
Are all of the ingredients (including any added flavors/coloring) <i>explicitly listed</i> in full on the product page (20) or via a product page photo (15)?	20	20	
Is this product free of all (30), all but one (20), or all but two (10) artificial ingredients?	30	30	
Is CBD (hemp extract) the first (30), second (20), or third (10) <i>active</i> ingredient?	30	30	
Excluding the CBD, is there no more than one (5) or two (3) additional active ingredients?	5	5	
Is this product free of an excessive number of <i>inactive</i> ingredients (5)?	5	5	
Points may be deducted (ranging from -2 to -25) for ingredients with the potential to cause side effects based on different variables (e.g. severity, quantity).			
<b>Ingredients total points</b>	<b>100</b>	<b>100</b>	
Comments:			
Lab Testing	Maximum Points	Points Actually Earned	Notes
Validity Requirements: 1. Testing was performed by an <b>outside</b> and <b>independent</b> lab. 2. Results are <i>immediately</i> provided via the <b>original</b> lab reports 3. Tests were performed on the <b>correct</b> and <b>final</b> product. 4. <b>Batch/lot</b> numbers must be consistent from page to page.			
Lab name	Green Scientific Labs		
Date of analysis	Oct. 15, 2020		
Batch/lot number	Bi-Annual Review-10005121		
Are the results available from the product page (10) or somewhere else on the site (5)?	10	5	
Is the lab report by itself (not mixed up with any other reports) (5)?	5	5	
Cannabinoid profile testing (20)?	20	20	
Terpene profile testing (5)?	5	0	
Pesticide testing (10)?	10	0	
Residual solvent testing (10)?	10	0	
Heavy metal testing (10)?	10	0	

Mycotoxin testing (10)?	10	0	
Microbial testing (10)?	10	0	
Foreign matter testing (10)?	10	0	
<b>Lab Testing total points</b>	<b>100</b>	<b>30</b>	
Comments:			
<b>Product Safety</b>	<b>Maximum Points</b>	<b>Points Actually Earned</b>	<b>Notes</b>
Is the amount of CBD listed on the product label within 15% of the amount detected in the lab results (20) or within 20% (15)?	20	0	1,1221mg
Are the terms full-spectrum (20), broad-spectrum (ND 20), broad-spectrum (<0.01% 15), or isolate (20) used correctly?	20	20	
Are the lab results reported with "ND" (40), "<LOQ" (35), "pass" for the individual compounds (20), or "pass" for the category (10)?	40	0	
Is the method of reporting consistent for all testing (20)?	20	0	
<b>Product safety total points</b>	<b>100</b>	<b>20</b>	
Comments:			

<b>Capsules</b>			
Product name	Concentrated Hemp Oil Capsules		
Is the formulation full-spectrum, broad-spectrum, or isolate?	full-spectrum		
Total # of CBD milligrams	900mg		
Price	\$109.99		
<b>Ingredients</b>	<b>Maximum Points</b>	<b>Points Actually Earned</b>	<b>Notes</b>
Does it clearly state how much CBD is in each serving via the product page (10) or the product photo (7)?	10	10	
Are all of the ingredients (including any added flavors/coloring) <i>explicitly listed</i> in full on the product page (20) or via a product page photo (15)?	20	20	
Is this product free of all (30), all but one (20), or all but two (10) artificial ingredients?	30	30	
Is CBD (hemp extract) the first (30), second (20), or third (10) <i>active</i> ingredient?	30	30	
Excluding the CBD, is there no more than one (5) or two (3) additional active ingredients?	5	5	
Is this product free of an excessive number of <i>inactive</i> ingredients (5)?	5	5	

Points may be deducted (ranging from -2 to -25) for ingredients with the potential to cause side effects based on different variables (e.g. severity, quantity).			
<b>Ingredients total points</b>	<b>100</b>	<b>100</b>	
Comments:			
<b>Lab Testing</b>	Maximum Points	Points Actually Earned	Notes
Validity Requirements: 1. Testing was performed by an <b>outside</b> and <b>independent</b> lab. 2. Results are <i>immediately</i> provided via the <b>original</b> lab reports 3. Tests were performed on the <b>correct</b> and <b>final</b> product. 4. <b>Batch/lot</b> numbers must be consistent from page to page.			
Lab name	Green Scientific Labs		
Date of analysis	March 2, 2020		
Batch/lot number	UTAH		
Are the results available from the product page (10) or somewhere else on the site (5)?	10	5	
Is the lab report by itself (not mixed up with any other reports) (5)?	5	5	
Cannabinoid profile testing (20)?	20	20	
Terpene profile testing (5)?	5	0	
Pesticide testing (10)?	10	10	
Residual solvent testing (10)?	10	10	
Heavy metal testing (10)?	10	10	
Mycotoxin testing (10)?	10	10	
Microbial testing (10)?	10	10	
Foreign matter testing (10)?	10	0	
<b>Lab Testing total points</b>	<b>100</b>	<b>80</b>	
Comments:			
<b>Product Safety</b>	Maximum Points	Points Actually Earned	Notes
Is the amount of CBD listed on the product label within 15% of the amount detected in the lab results (20) or within 20% (15)?	20	0	1,778mg
Are the terms full-spectrum (20), broad-spectrum (ND 20), broad-spectrum (<0.01% 15), or isolate (20) used correctly?	20	20	
Are the lab results reported with "ND" (40), "<LOQ" (35), "pass" for the individual compounds (20), or "pass" for the category (10)?	40	40	
Is the method of reporting consistent for all testing (20)?	20	20	
<b>Product safety total points</b>	<b>100</b>	<b>80</b>	

Comments:

<b>Gummies</b>			
Product name	Gummies (sample pack of 10)		
Is the formulation full-spectrum, broad-spectrum, or isolate?	full-spectrum (according to the product packaging)		
Total # of CBD milligrams	100mg		
Price	\$14.95		

Ingredients	Maximum Points	Points Actually Earned	Notes
Does it clearly state how much CBD is in each serving via the product page (10) or the product photo (7)?	10	0	
Are all of the ingredients (including any added flavors/coloring) <i>explicitly listed</i> in full on the product page (20) or via a product page photo (15)?	20	15	
Is this product free of all (30), all but one (20), or all but two (10) artificial ingredients?	30	0	artificial flavors, 3 artificial colors
Is CBD (hemp extract) the first (30), second (20), or third (10) <i>active</i> ingredient?	30	30	
Excluding the CBD, is there no more than one (5) or two (3) additional active ingredients?	5	5	
Is this product free of an excessive number of <i>inactive</i> ingredients (5)?	5	5	
Points may be deducted (ranging from -2 to -25) for ingredients with the potential to cause side effects based on different variables (e.g. severity, quantity).			
<b>Ingredients total points</b>	<b>100</b>	<b>55</b>	
Comments:			

Lab Testing	Maximum Points	Points Actually Earned	Notes
Validity Requirements: 1. Testing was performed by an <b>outside</b> and <b>independent</b> lab. 2. Results are <i>immediately</i> provided via the <b>original</b> lab reports 3. Tests were performed on the <b>correct</b> and <b>final</b> product. 4. <b>Batch/lot</b> numbers must be consistent from page to page.	<b>Unable to verify that testing is for the correct and final product.</b>		
Lab name			
Date of analysis			
Batch/lot number			
Are the results available from the product page (10) or somewhere else on the site (5)?	10		
Is the lab report by itself (not mixed up with any other reports) (5)?	5		
Cannabinoid profile testing (20)?	20		
Terpene profile testing (5)?	5		

Pesticide testing (10)?	10		
Residual solvent testing (10)?	10		
Heavy metal testing (10)?	10		
Mycotoxin testing (10)?	10		
Microbial testing (10)?	10		
Foreign matter testing (10)?	10		
<b>Lab Testing total points</b>	<b>100</b>	<b>0</b>	
Comments:			
<b>Product Safety</b>	<b>Maximum Points</b>	<b>Points Actually Earned</b>	<b>Notes</b>
Is the amount of CBD listed on the product label within 15% of the amount detected in the lab results (20) or within 20% (15)?	20		
Are the terms full-spectrum (20), broad-spectrum (ND 20), broad-spectrum (<0.01% 15), or isolate (20) used correctly?	20		
Are the lab results reported with "ND" (40), "<LOQ" (35), "pass" for the individual compounds (20), or "pass" for the category (10)?	40		
Is the method of reporting consistent for all testing (20)?	20		
<b>Product safety total points</b>	<b>100</b>	<b>0</b>	
Comments:			

<b>Topical</b>			
Product name	CBD Cream		
Is the formulation full-spectrum, broad-spectrum, or isolate?	full-spectrum		
Total # of CBD milligrams	500mg		
Price	\$109.99		
<b>Ingredients</b>	<b>Maximum Points</b>	<b>Points Actually Earned</b>	<b>Notes</b>
Does it clearly state how much CBD is in each serving via the product page (10) or the product photo (7)?	10	5	
Are all of the ingredients (including any added flavors/coloring) <i>explicitly listed</i> in full on the product page (20) or via a product page photo (15)?	20	20	
Is this product free of all (30), all but one (20), or all but two (10) artificial ingredients?	30	0	DMSO, Propylene Glycol, Polysorbate

Is CBD (hemp extract) the first <b>(30)</b> , second <b>(20)</b> , or third <b>(10)</b> <i>active</i> ingredient?	30	30	
Excluding the CBD, is there no more than one <b>(5)</b> or two <b>(3)</b> additional active ingredients?	5	5	
Is this product free of an excessive number of <i>inactive</i> ingredients <b>(5)</b> ?	5	0	
Points may be deducted (ranging from <b>-2</b> to <b>-25</b> ) for ingredients with the potential to cause side effects based on different variables (e.g. severity, quantity).			
<b>Ingredients total points</b>	<b>100</b>	<b>60</b>	
Comments:			
<b>Lab Testing</b>	<b>Maximum Points</b>	<b>Points Actually Earned</b>	<b>Notes</b>
Validity Requirements: 1. Testing was performed by an <b>outside</b> and <b>independent</b> lab. 2. Results are <i>immediately</i> provided via the <b>original</b> lab reports 3. Tests were performed on the <b>correct</b> and <b>final</b> product. 4. <b>Batch/lot</b> numbers must be consistent from page to page.			
Lab name			
Date of analysis			
Batch/lot number			
Are the results available from the product page <b>(10)</b> or somewhere else on the site <b>(5)</b> ?	10	5	
Is the lab report by itself (not mixed up with any other reports) <b>(5)</b> ?	5	5	
Cannabinoid profile testing <b>(20)</b> ?	20	20	
Terpene profile testing <b>(5)</b> ?	5	0	
Pesticide testing <b>(10)</b> ?	10	10	
Residual solvent testing <b>(10)</b> ?	10	10	
Heavy metal testing <b>(10)</b> ?	10	10	
Mycotoxin testing <b>(10)</b> ?	10	10	
Microbial testing <b>(10)</b> ?	10	10	
Foreign matter testing <b>(10)</b> ?	10	0	
<b>Lab Testing total points</b>	<b>100</b>	<b>80</b>	
Comments:			
<b>Product Safety</b>	<b>Maximum Points</b>	<b>Points Actually Earned</b>	<b>Notes</b>
Is the amount of CBD listed on the product label within 15% of the amount detected in the lab results <b>(20)</b> or within 20% <b>(15)</b> ?	20	20	
Are the terms full-spectrum <b>(20)</b> , broad-spectrum (ND <b>20</b> ), broad-spectrum (<0.01% <b>15</b> ), or isolate <b>(20)</b> used correctly?	20	20	

Are the lab results reported with "ND" (40), "<LOQ" (35), "pass" for the individual compounds (20), or "pass" for the category (10)?	40	40	
Is the method of reporting consistent for all testing (20)?	20	20	
<b>Product safety total points</b>	<b>100</b>	<b>100</b>	
Comments:			