



# 4 tricks for using your Revive Hemp CBD Oil



BY MADDIE MILES  
IG: @THEMADDIEMILES



# 1. Cook with your CBD!

My motto is "add CBD whenever and wherever possible" and yes, that means in my food too! I love adding CBD into my breakfast oats, baked goods, and even into my salad dressings and marinades.





## 2. Drink your CBD!

Have you ever made a CBD cocktail or mocktail? It is a great way to spice up your drinks and add in the incredible health benefits of CBD!





## 3. Try CBD super coffee

A daily MUST is upping your coffee/latte/tea with Revive Hemp's CBD oil. The calming and anti-inflammatory properties of our CBD will help to balance the cortisol spikes your body may get from the caffeine.





## 4. Bring your CBD with you

Our CBD tinctures can be easily thrown into your purse or bag for your daily travels. They're also TSA-approved and may be taken on your longer adventures! That way, no matter what, you can get in your daily dose of CBD!

