

HEMP FOR HEALTH CBD NEWSLETTER

Issue 3 | Date: August 9, 2019

PROGRESS

Our crop has been making great progress, especially considering a very wet May and recording breaking temperatures in June.

July had near perfect conditions and it shows in our plant's recent growth.

Our Finola has quickly sprouted upwards and the shorter, thicker

Carmagnola planted shortly after is coming along nicely.

The hemp planted typically have

170 days to full maturity, so in the next couple of months we'll be seeing the greatest amount of growth!



Finola July 2019, Tuscany, Italy

LEARNING

Growing hemp for the purpose of CBD is new in Italy, and we've learned a lot since planting. Adapting our strains for unpredictable weather and the Tuscan soil has been a rewarding challenge that's already paying off.

This update wouldn't be complete without comment on the colourful regulatory environment going on in the EU surrounding CBD. While it can be frustrating and unclear at times, we're fully compliant and on track for a successful harvest.



Carmagnola July 2019, Tuscany, Italy

FORWARD

Our management team has been hard at work with initiatives that will create additional revenue streams while developing what we believe to be industry leading intellectual property.



Finola July 2019, Tuscany, Italy



Carmagnola August 2019, Tuscany, Italy

INVESTORS

[**H4H's First AGM - August 23 10:00AM**](#)

[Location: 580 Hornby St - Suite 750](#)

[H4H Video Presentation](#)

[This EU Country Has Become The First To Allow Free Sale Of CBD](#)

[CBD product sales surge by 99% as Britons invest in trendy wellness](#)

KEY DATES / LINKS

North Grow Cannabis

When: Sep 6-8, 2019

Where: Herning, Denmark

Tickets: Free!

CannaFair 2019

When: August 23-25, 2019

Where: Dusseldorf, Germany

Tickets: €7

Medical Studies

[Study on CBD's Anti-tumor Properties](#)

[CBD Significantly Reduces Seizures in Severe Epilepsy Patients](#)

[CBD Oil Used to Safely Treat Insomnia and Anxiety in Children with PTSD](#)

[CBD Intake can Relieve Pain & Inflammation](#)