

If you want CBD without THC, the label can feel less like a clear answer and more like a vocabulary test. “Broad spectrum”, “THC-free”, “non-detectable” and “third-party tested” all sound reassuring, but they do not necessarily mean the same thing.

The practical rule is this: **don’t rely on the front of the pack alone**. Check what the manufacturer means by “THC-free”, then look for batch-specific lab results that support the claim. If the information is hard to find, vague or out of date, you do not have to guess.

It is also worth asking what job you want CBD to do in your evening. Is it part of a transition out of work mode, a small reward, or a replacement for a drink? A product label can help you assess what is in a bottle; it cannot design a useful routine for you.

First, understand the main CBD terms

CBD, or cannabidiol, is one of many compounds found in the cannabis plant. CBD products can contain different combinations of cannabinoids, depending on how they are made. The three terms you are most likely to see are isolate, broad spectrum and full spectrum.

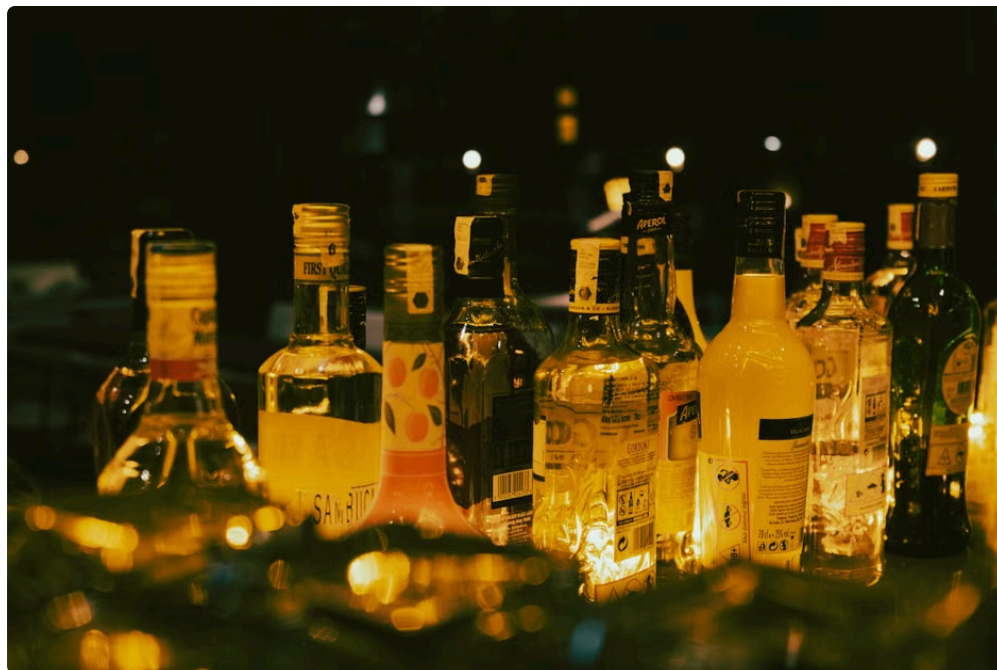
- **CBD isolate** is intended to contain CBD without the other plant cannabinoids. Check the lab results rather than assuming that “isolate” alone guarantees there is no THC.
- **Broad-spectrum CBD** is generally made to include CBD and some other plant compounds while removing THC. “Broad spectrum” does not, by itself, prove that a product contains absolutely zero THC.
- **Full-spectrum CBD** is intended to retain a wider range of plant compounds, which may include THC. If avoiding THC is important to you, do not treat “full spectrum” as equivalent to THC-free.

Manufacturers do not always use these terms in precisely the same way. That is why **THC-free versus broad spectrum is not an either-or choice**: one describes a claim about THC content, while the other describes a type of extract. A broad-spectrum product might be marketed as THC-free, but you need the supporting evidence to see what “free” means in that case.

What does “THC-free” actually mean?

On a product label, “THC-free” can sound like a promise of zero THC. In practice, a lab may report that THC was “not detected”. That means the test did not find it above the method’s detection limit; it does not necessarily prove that no molecule of THC is present.

Other reports may show a numerical result, or state that THC is below a particular limit of quantification. The **limit of detection (LOD)** and **limit of quantification (LOQ)** describe the test’s ability to detect and measure a substance. If a report says “ND”, look for an explanation of the detection limit. “ND” without that context tells you less.



Trace THC concerns are personal and can be practical as well as preference-based. You may wish to avoid it because of workplace testing, medication discussions, personal comfort or another reason. A product's compliance with applicable rules is not the same as a guarantee that it contains zero THC, and a lab result is not a promise about how your body will respond or how any test will treat a result. If the consequences of trace exposure could be serious for you, consider avoiding CBD products and ask a pharmacist or relevant professional for individual guidance.

UK rules around controlled cannabinoids and CBD products can be complex and may depend on the product and its intended use. Don't assume that wording such as "legal limit" means "THC-free". For questions about a specific product's legal status, check current official guidance or seek qualified advice.

How to check CBD lab testing

Look for independent laboratory results for the **specific product and batch** you are considering. These are often called certificates of analysis, or COAs. A QR code linking to lab <https://thecoachspace.com/p/cbd-alcohol-free-evening/> results can make them easier to access, but the code itself is not proof of quality: scan it and check where it takes you.

A useful lab report should help you answer these questions

1. **Does the batch match?** Compare the batch or lot number on the product with the number on the report. A certificate for a different batch may not tell you what is in your bottle.
2. **Who performed the test?** Look for the laboratory's name and enough detail to identify it. "Third-party tested" is a claim; the report should show who did the testing.
3. **Was THC tested?** Find the results for relevant THC compounds, not just the CBD figure. Check whether the report says "not detected", gives a measured amount, or uses another description.
4. **Can you see the test limits?** Look for the LOD or LOQ. This helps you understand what "not detected" means for that particular test.
5. **Do the CBD results make sense?** Check the measured CBD amount against the product information. If the label lists CBD per serving, the report may use different units, so take care when comparing them.

6. **Is there broader safety information?** Depending on the product, reports may include screening for contaminants such as pesticides, heavy metals, solvents or microbes. Ask the seller what has been tested if this information is missing.

A tidy-looking PDF is not enough if it has no batch number, no lab identity or no clear results. Equally, a QR code may lead to a general information page rather than a batch-specific certificate. If you cannot find the answers, contact the seller before buying.

Label terms at a glance

Label or report wording	What it may tell you	What to check next
Broad spectrum	The extract is intended to include CBD and other plant compounds, with THC removed.	Check the batch report for THC results and test limits. THC-free
The maker is claiming the product has no THC, but definitions and evidence can vary.	Look for batch-specific testing; don't rely on the claim alone.	Not detected (ND)
The test did not detect the compound above its detection limit.	Find the LOD or LOQ and check which THC compounds were tested.	Third-party tested
The maker says an outside laboratory tested the product.	Check the lab's name, date and matching batch number.	QR code to lab results
A quick route to product information, if the link is current and specific.	Scan it and confirm that it leads to the relevant certificate.	

Questions to ask before you buy

Keep it simple. You could send the company these questions:

- Can you share the lab results for the batch I would receive?
- Does the test report cover THC, and what are the detection and quantification limits?
- Is the product broad spectrum or CBD isolate, and what do you mean by "THC-free"?
- What other safety tests are available for this product?

Brands such as Joy Organics publish product and testing information that shoppers can review, but you should still check the specific product and current batch rather than relying on a brand name. The same applies when a coach, retailer or platform discusses CBD. At The Coach Space, for example, a conversation about evening habits can help you work out what you want a routine to achieve; it should not replace checking a product's own evidence or getting medical advice where needed.

Think about the habit, not only the bottle

Before adding CBD to your evening, ask: **what job is this habit doing?** Many end-of-work habits serve one or more of four jobs:

- **Transition:** signalling that work is over.
- **Reward:** marking the end of a demanding day.
- **Permission:** giving you a clear reason to stop checking messages or doing "one more thing".
- **Sensory comfort:** offering a familiar taste, temperature, texture or moment of quiet.

Remote work can make these jobs harder to fulfil. Without a commute, there may be no walk, change of scenery or journey home separating work from personal time. The laptop closes, but your attention stays at your desk.

That is where a deliberate routine can help. It does not have to be elaborate, and CBD does not need to be part of it. Build a clear cue and a repeatable action that meet the same need.

If your evening drink is doing the job

Sometimes a drink is less about thirst and more about a transition, reward or sensory experience. Replacing it with a CBD drink might change what is in your glass without changing the habit's job. That may suit you, or it may leave you reaching for another substitute the next evening.

Try identifying the main job first. If you want a transition, a short walk after closing your laptop may be more useful than choosing a different drink. If you want reward or sensory comfort, choose a non-alcoholic drink you enjoy, make it at a consistent time and sit somewhere other than your work station. A ritual can still be satisfying without promising a health effect.

A small routine to try for one week

1. **Pick a work finish time.** Choose a realistic time, such as 5.45 pm, rather than waiting until you feel completely finished.
2. **Close the laptop.** At the chosen time, save your work, write down the next task for tomorrow and shut the lid.
3. **Change your setting.** Walk around the block, change clothes or move to another room. Keep it brief enough to repeat.
4. **Choose your reward.** Make tea, prepare a favourite alcohol-free drink, or listen to one song without checking work messages.
5. **Notice what happens.** At the end of the week, ask whether the routine helped you switch off and which step was easiest to repeat.

If you decide to use CBD, keep product checking separate from routine design. Read the label, review the relevant batch testing and follow the product instructions. Don't use CBD to replace prescribed medicine or delay medical care. CBD may interact with medicines, so speak with a GP or pharmacist before using it if you take medication or have a health condition. If pregnant or breastfeeding, seek professional advice and check current UK guidance before considering a CBD product.



A practical bottom line

For THC-free CBD, treat “THC-free” as a claim to verify, not a complete explanation. Understand that broad spectrum and THC-free describe different things; check the batch-specific lab report, including THC results and test limits; and make sure a QR code actually leads to relevant results. If trace THC would create a serious risk for you, don’t assume a “non-detect” result removes that risk.

Then ask what you want the evening habit to do. If the missing piece is a boundary after remote work, a set laptop-closing time and a small transition ritual may meet that need more directly than switching drinks. Choose a routine you can repeat on an ordinary Tuesday, not just an ideal evening.