

About Venga CBD

We sell water soluble CBD specifically made for endurance athletes, with zero THC.

Whatever your sport, you ask your body to do more and perform at a higher level than 99% of the people on the planet! And it pays because endurance athletes are some of the healthiest people in the world.



As we age it gets harder to bounce back, maintain the miles, hours & laps. CBD (cannabidiol) is an all-natural remedy that targets an athlete's pain, inflammation, sleep and mental resilience.

Our performance CBD products are made to help your body do the endurance sport you love for the rest of your life.

Jay Ohare, Founder: Bio

Jay is the CEO of Venga CBD, a company that develops CBD-based supplements for endurance athletes. Jay has a long history of startup businesses including Chief Marketing Officer of a medical device company and before this venture, the Chief Operations Officer of a CBD manufacturing company.

As a trail and Ultrarunner in Steamboat Springs Colorado, Jay saw how CBD was helping his running, injury recovery and pain management. From that experience, Jay decided to create a company that brings medical grade CBD to the endurance sports community.

Dave Wittlinger, Partner: Bio

Dave heads up the Ambassador Program at Venga CBD while also putting focus on the sales and marketing for the company.

Dave is a cyclist and mountain biker who prefers long, endurance rides through the back roads and trails of Colorado. While not getting any younger, Dave started taking CBD to help fight the typical soreness that comes after pedaling 80+ mile distances and experienced how much it helped.

Fast Facts About CBD

Q: What is CBD Oil?

A: CBD oil is a natural, concentrated oil which is extracted from the flowers and leaves of the cannabis plant. You can think of it kind of like an essential oil; what lavender essential oil is to the lavender plant, CBD oil is to hemp.

CBD oil is used for a variety of therapeutic purposes by people all over the world. The benefits of CBD oil are timeless; it contains a truly amazing variety of active compounds, including cannabinoids and terpenes. This unique blend means CBD gently remedies health with virtually no side effects. It's also totally non-toxic — and therefore impossible to overdose on.

Q: Does CBD Oil Get You High?

A: No. Properly produced CBD oil from hemp does not contain THC in nearly high enough concentrations to cause a high. CBD does not trigger the receptors in our brain that cause psychoactivity (as THC would).

While CBD oils produced by some manufacturers may contain trace amounts of THC, Venga CBD products are made using chromatography technology which completely removes THC while leaving other cannabinoids and terpenes intact.

Q: What Are the Side Effects of CBD Oil?

A: CBD oil has virtually no side effects, especially if it's whole plant or full spectrum. This often comes as a surprise to new users, who may have grown accustomed to powerful pharmaceuticals that seem to always do something unwanted. But mother nature is different, and favors gentle restoration over the sometimes-too-specialized action of prescription drugs.

By activating natural pathways within the endocannabinoid system, CBD is able to guide the body towards healing without causing any imbalances or side effects.

Q: What is the difference between Hemp Oil and CBD Oil?

A: Hemp oil, which comes from the seeds of the hemp plant, contains practically NO CBD. Industrial hemp oil typically contains less than 25 parts per million, while CBD oil can be up to 90% CBD. Hemp oil is used for cooking and is also an ingredient in lotions, soaps and even some foods, and while healthy, it has little to no medicinal value.

CBD oil, also known as Hemp Extract, is also a natural component of Industrial Hemp but is made from the flowers, leaves and stalks of hemp and not from its seeds like hemp oil. And without the typical intoxicating effects of marijuana, CBD is helpful in the treatment of various conditions including pain, inflammation, sleeplessness, anxiety and depression, and neurodegenerative disorders.