

How Much CBD Should I Take?

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CBD Dosage

An in-depth guide to getting your CBD dosage right

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Rim .



“Call 911, or he’ll die from CBD overdose!” said no one ever.

While it is **possible** to ingest too much CBD and, allegedly, have **diarrhea**, it is practically **impossible** to lethally **overdose** from it.

We ask “*how much CBD should I take?*” in order to **decide** what CBD dosage to choose for **desired results**, but if you are new to the CBD industry, it is good to know some **basic things** about it, like *what CBD is, how does it work, what effects does it have on the body and what CBD dosage is optimal for a beginner*.

This article is **mainly focusing on CBD dosage** but in the beginning, we’ll give you a **short introduction** (or a brief refresh) to CBD itself.

It does **take some time** to define the CBD dosage for yourself. There’s **no one-size-fits-all answer**. For this reason, we will look at the **factors** that influence how much CBD should I take.

Diana Rangaves

PharmD



What should users be aware of before starting to use CBD?

Dosage may vary from person to person. This includes the length of effects, intensity, and any residual side effects. Therefore, when starting CBD, the rule of thumb is to go low and slow. This means start with a low dose and slowly increase the dose until effect. It is trial and error to figure out the best dose for each individual and may take time.

CBD Dosage. Basics

Before deciding on the CBD dosage, first we need to know **what exactly CBD is** and **how does it work**.

CBD, or *cannabinol*, is a **phytocannabinoid** of the cannabis plant. There are **more than a hundred** phytocannabinoids found in cannabis, though **different plant species** have **different quantities** of those elements.

Take **marijuana**, for example. The dominant phytocannabinoid in marijuana is **THC** (*tetrahydrocannabinol*). It is also known as the **psychoactive element** that induces those feelings of **intoxication** when you smoke **weed**.



Hemp belongs to cannabis species *Cannabis Sativa*. It has **high levels of CBD** compound and a low concentration of THC. Besides being a great resource for CBD extraction, hemp has **hundreds of other usability options** - from *building material* to *clothes, food, etc.*

For this reason, the U.S. Senate [passed a law in 2018](#), to **renew the legal status of hemp** as an agricultural commodity **across the country**. This was a huge push for the CBD industry and from then on it has **skyrocketed** to new heights.

To understand why CBD has become such a popular product in the United States, we have to look at **how does CBD work** and **what effects does it bring** to its users.

How Does CBD Work?

CBD is a **phytocannabinoid** (*phyto-* means 'plant'). Our body has an **endocannabinoid system** (*endo-* means 'internal'). Already see the **relation?**

Not only cannabis produces cannabinoids - our body **also** produces them. Inside our bodies, there are certain **cannabinoid receptors** that interact with these chemical compounds and **regulate various functions** of our body: *appetite, perception of pain, mood, memory, fertility* to name a few.

Not going into details, let's just say that CBD **enhances and prolongs** the activities of those receptors and **improves** the areas they are responsible for. That's why users (*and scientists, too*) report **favorable CBD effects** on our **mental and physiological health**.



In themselves, phytocannabinoids possess *anti-inflammatory, anti-oxidant, pain-relieving, relaxing, sedating* and other qualities. No wonder in today's stressful, sleepless and unhealthy environments CBD is **promising a cure and relief**.

Currently, the **FDA** (Food and Drug Administration) **does not consider CBD as an official drug** yet. Thus, there is **no regulation** on its production and marketing. However, producers cannot directly advertise it as a **medicine**, nor can they advertise it as a **food supplement**. Though FDA is already considering possible solutions.

These vague and muddy waters are **yet to be cleared out**. For the time being, we strongly recommend **researching the CBD brand** before purchase. If not, you might end up buying some **obscure garage-made substance** with **heaven knows what kind of side effects...**

Let's say you have already **done your research** and decided to buy CBD from a **trustworthy** company. Then the next question should be "*how much CBD should I take*", right?

Without answering this question, you won't even know **which kind** of oil should you use. As you might already have noticed, there are **many** kinds of seemingly the same CBD oil. The difference lies in their CBD dosage, or in other words, **how much CBD** you get with **each dropper**.



You see, the **basic rule** for CBD newcomers is "**start slow and increase gradually**". So, if you just want to **improve your overall well-being** and don't know for sure what CBD dosage you need to take, this rule might come in handy. Higher CBD oil dosage is usually for those who have **more serious health conditions**.

Furthermore, there are **other factors** that decide how much CBD oil should I take. For example, take two people - one is **150 Lbs** another **300 Lbs**. If they take the **same CBD dosage**, will they get the **same results**? Obviously **not**. Therefore, CBD dosage strongly depends on your **weight** as well.

Usually, the **starting recommendations** for people weighing **between 130 to 230 Lbs**, moderate CBD dosage is around **20 mg** of CBD **per mL** (milliliter) taken **twice daily**. Less than 130 Lbs - around **13 mg**. More than 230 Lbs - about **26 mg**.

These are only **general recommendations** for **moderate results** but it is always advisable to **consult with a physician** before starting a new CBD product. Also, bear in mind other factors that influence CBD dosage: your *metabolism, diet, genetics* and most importantly - *what kind of product you use*.

CBD Dosage In Different CBD Products

Needless to say that **different kinds** of CBD products have **different quantities** of CBD (*and other cannabinoids*). The easiest products to measure CBD dosage are **CBD Isolate** and **CBD oil** (*either Full-spectrum, with THC, or Broad-spectrum, without THC*).

CBD Isolate

This is probably the easiest product to know CBD dosage. **Almost 100%** of its content is **pure CBD**. That means with **each milligram**, you'll get **as much CBD**. Though the CBD dosage to take also depends on your **weight** and **desired results** you wish to achieve. For moderate usage, the **quantities remain the same as for CBD oil**.



CBD Isolate is usually sold in the form of a **powder**. Since CBD is a **fat-soluble compound**, when you add it to your meals and drinks, it's good if they have some **oil** (*milk is fine too*) or consume it **directly**, holding for a minute or two under your tongue. You won't have any unpleasantness to take it because it has **neither taste nor odor**.

Some **quality Isolate brands** are **CBDistillery** and **Lazarus Naturals**.

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CBD Oil

When it comes to Full-spectrum or Broad-spectrum CBD oil dosage, everything depends on the **potency** of that oil. If the label says "**17 mg per 1 mL**", then it means you'll get **approximately 17 mg of cannabinoids** per one dropper.

Why we say 'approximately'? Because it is **not a pure CBD product** - it has a **carrier oil**, and many other cannabinoids mixed in. Nevertheless, it is **accurate enough** to have a sense of how much CBD you intake per one serving.

Since **Full-spectrum CBD oil** is perhaps **the most popular product** in the CBD market - practically every brand has something to offer. To navigate in this **wide and colorful** market could be **a bit of a challenge**, so it is **our job to gather the information and provide you with in-depth reviews** on the leading companies, hopefully **saving your time and nerves**.



Based on our research, currently, the Full-spectrum CBD oil leaders are [Charlotte's Web](#), [CBDistillery](#), and [NuLeaf Naturals](#). If you wish to read more about them, take a look at [our reviews here](#).

CBD Oil Dosage For Anxiety

It is no secret that **anxiety has become a major problem** in today's world. No wonder CBD oil has **risen to new heights** - it has **scientifically proven calming properties**^[1] and lots of positive customer testimonies.

We have investigated the CBD market and put up a [list of 7 best CBD oil brands for anxiety](#) at your convenience. Also, we will do our best to give you **basic guidelines** for CBD oil dosage for anxiety, though **not every method is easy to measure**.

There are **three main methods** of taking CBD to **calm the nerves** and **feel at ease**:

- **Vaping.** Plenty of companies are offering ready-to-use vapers with CBD oil. For example, CBDfx, Ignite or CBDistillery. There are two types of vapers: **disposable**(only used once) or **refillable**(you can buy CBD vape oil to refill).

Vaping CBD is a **fast way to get relief from anxiety attacks** but it **doesn't last long**. Also, you **cannot measure** how much CBD you ingest each time. Unless you know that the cartridge has 200 mg, for example, and you finish it up within one day. Then your daily intake will be 200 mg (*which is a LOT*).



You cannot measure CBD oil dosage for anxiety if you vape it. Usually, people vape **whenever they feel to calm the nerves**. The risk of overdosing is practically **non-existent** and the amount of CBD that gets into your system when vaping is **very low**.

- For more **promising** and **long-lasting results**, it is generally recommended to use **Full-spectrum CBD oil**. The CBD oil dosage for anxiety is **not fixed** because there are **different types of people** with **different levels of anxiety**.

As of general rule, the beginners should start with **lower doses** of CBD oil, **~20 mg twice daily** (*depending on weight and other factors*). If you feel your anxiety is quite **strong** and **problematic**, there should be **no problem at all** to increase it by a few milligrams.

Start there and **see how you feel**. You could even start your '**Feeling journal**' to hold track of CBD effectiveness. The **most potent** and **effective** CBD oils, in our opinion, are currently sold by **NuLeaf Naturals**, **Charlotte's Web**, **CBDistillery** and **Green Roads**.

- The third method is the **easiest to measure** and consume - **CBD capsules**. They are already prepared with a certain amount of CBD, so you just need to swallow them and witness the effects taking place (*or more like, enjoy the calm and peace*).



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In our opinion, some CBD brands are **overpricing** their products. At the moment we could only recommend **Lazarus Naturals** and **CBDistillery** - they have a **wide** and relatively **not expensive** choice of CBD capsules.

As you can see, CBD oil dosage for anxiety is pretty much **the same as a moderate dosage** recommended for every user. It is because **consuming CBD will calm your nerves anyway**. The increase in dosage can be made if you feel your anxiety problem is getting a bit **out of control** or **feels too strong**.

CBD Dosage For Pain

CBD dosage for pain management is very **similar to the aforementioned CBD oil dosage** for anxiety. Consuming CBD will **naturally bring its benefits of calming the nerves, relieving the pain**^[2], **reducing the inflammation** and many more.

Besides consuming Full-spectrum CBD oil or capsules, you could also **apply CBD-induced creams** to the areas where it's needed. Though it is a **slow** and **momentary** method.

CBD dosage for pain could also vary depending on the **intensity of pain**. Of course, for **more severe conditions**, the dosage will be **higher**. However, if you are new to this 'CBD thing', **don't jump on the highest doses at your first try**, for the body **needs some time to adjust** and utilize CBD to the fullest.



Otherwise, you might get some **unpleasant side-effects**, like *dizziness, diarrhea, sleepiness, or nausea*. Further than that, it will just be a **waste of a precious remedy and your money**.

Conclusions

This article focused on **optimal CBD dosage for beginners**, as well as CBD dosage for **pain** and CBD oil dosage for **anxiety**.

The **general rule** when you start consuming CBD is "**low and slow**". Increase the dose gradually by a few milligrams each week, if you're not satisfied with the results.

Also, CBD dosage strongly depends on the user's **weight**, the **potency of the product** and **personal condition**.

A moderate CBD dosage for people above 130 Lbs and below 230 LBs is approximately **20-23 mg twice daily**. Then it may vary a few milligrams lower or higher depending on your **weight** and the **results you wish to achieve**.

As for pain or anxiety management, if the condition is not severe, the **moderate CBD dosage will naturally reduce it**, for CBD is known for its **calming, anti-inflammatory** and **pain-relieving** properties.

For further information about CBD, **you can explore [here](#)**.

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Scientific References

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FAQ

Can you overdose on CBD?

It is **practically impossible to overdose on CBD alone**. Even the **World Health Organization confirms** that CBD has a generally “**good safety profile with no potential for abuse**”. There are some **general rules** to determine **CBD dosage for beginners** but the worst side-effects of consuming too much **CBD oil** would only be *nausea, sleepiness or at worst - diarrhea*.

Is vaping CBD better than drops?

For a **quick and short** anxiety or pain relief, **vaping CBD oil is efficient**. However, for more **long-lasting and healing** effects to take place it is recommended to regularly take **CBD oil** drops.

Is CBD good for me?

There's a lot of ongoing research in the field of CBD, but you can already find studies stating the **different benefits of CBD oil**. Thousands of CBD users report different pros of the product. We represent the voice of the majority of CBD users, who **struggle with sleeping problems, anxiety, various diseases** & so on. Reading through our **CBD oil reviews**, you'll understand the details about CBD products, but you should always consult your doctor for more in-depth advice.

Does CBD have side effects?

According to user reviews, different CBD oils may have certain side effects on some people. The most common ones include drowsiness, sleepiness, nausea. However, analyzing the extent of these side effects, it seems that **it's not common**, and mostly depends on the usage of the oil (the amount, concentration, flavour) & brand. The **benefits seem to overshadow any possible side effects** that may occur.

How is AllbestCBD oil different from any other websites that write CBD oil reviews?

AllbestCBD oil is an investigative initiative. The team behind the project is working hard at

finding & filtering thousands of user reviews. We **deeply investigate products by creating expert documentations**, all to provide readers with the most accurate information possible. We are **independent & completely unbiased**. Unlike some other review sites, AllbestCBD oil cares about your wellness & always aims to uncover **the truth behind each CBD brand**. We do not compete with other review websites - instead, we focus on the most **truthful content**.

What do the different concentrations of CBD oils mean?

Different concentration levels mentioned in various CBD oil reviews reference the fact of just **how “strong” the oil actually is**. Depending on the reason why you want to purchase CBD products, you’re going to need different amounts of cannabidiol in the oil itself.

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The image is a promotional banner for cbMD. At the top, the cbMD logo is displayed in blue. Below it, the text "TOP CBD OIL PRODUCTS ON THE MARKET" is centered. A large, bold "15% OFF" is prominently featured in the center. Below this, a dashed box contains the text "WITH COUPON CODE: ALLCBDMD15". At the bottom, a blue button with the text "SAVE NOW" is visible. To the left, two bottles of cbMD CBD Oil are shown: one labeled "NATURAL" and "1000MG", and another labeled "MINT" and "3000MG". To the right, three products are shown: "cbMD PREMIUM CBD GUMMIES 300MG", "cbMD CBD FREEZE 300MG", and "cbMD NATURAL CBD 300MG". At the bottom of the banner, the text "No, I don't want to save" is displayed.