

CBD Oil for Rheumatoid Arthritis Pain Relief: Research, Potential Benefits and Top Best CBD Oil Products for 2020

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Medically reviewed by [Leonard Haberman, Physician & Chemist](#)

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* Our review is consumer-focused only and we do not check or take a stand regarding medical effects.

* Statements regarding CBD products have not been evaluated by the Food and Drug Administration.

* Please advise your physician prior to each use of CBD.

Many people turn to CBD due to arthritis and joint discomfort. CBD has much potential for easing joint issues thanks to its evidence-backed [anti-inflammatory properties](#).

For example, [multiple studies](#) in mice and rats have found that [CBD reduces pain](#), inflammation, and nerve damage caused by arthritis.

Meanwhile, a 2006 clinical study of a drug combining a 1:1 ratio of CBD to THC reported [improvement of pain](#) caused by rheumatoid arthritis. Additionally, a survey of arthritis sufferers done by the [Arthritis Foundation](#) reported promising results, with 75% saying CBD products improved their symptoms.

In short, although more research is needed, the current evidence for CBD's benefits for arthritis is promising.

CBD can be taken internally or applied topically to the affected joints. However, with so many CBD products available, it can be difficult to choose the right one. That's why we put together this list of the best CBD products for arthritis.

Compare top CBD oil products for Arthritis pain relief:

Scroll for more >



Our Score	77 /100Read Review	82 /100Read Review	85 /100Read Review	78 /100Read Review	83 /100Read Review	84 /100Read Review	83 /100Read Review	87 /100Read Review
CBD Concentration	240 mg - 4850 mg	300 mg - 3000 mg	376 mg - 3960 mg	100 mg - 7500 mg	50 mg - 1500 mg	15 mg - 600 mg	500 mg - 5000 mg	125 mg - 500 mg
Price Range	\$38.5 - \$439	\$15 - \$286	\$5.95 - \$249.95	\$9.99 - \$339.99	\$11.95 - \$145.95	\$6.99 - \$174.99	\$35 - \$240	\$24.95 - \$275

Price Per Mg CBD	\$0.09 - \$0.16	\$0.1 - \$0.8	\$0.06 - \$0.11	\$0.04 - \$0.1	\$0.06 - \$0.2	\$0.09 - \$0.21	\$0.07 - \$0.04	NA
THC Concentration	< 0.3%	< 0.3%	< 0.3%	< 0.3%	< 0.3%	< 0.3%	< 0.30%	< 0.3%
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Best CBD Oil Products for Arthritis Pain Relief

[Does CBD Oil Really Help Treat Arthritis Pain?](#)

Best Full Spectrum CBD Oil Tinctures – NuLeaf Naturals Full Spectrum CBD Oil



[Read Review](#)

CBD Amount Range

240 mg - 4850 mg

Price Range

\$38.5 - \$439

[Visit Site](#)

[More Info](#)

SAVE 20% OFF YOUR ORDER AT Nuleaf Naturals

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Our editor's pick for arthritis is NuLeaf Naturals. An established brand known for its unrivaled quality, NuLeaf Naturals offers one type of CBD product: tried-and-true CBD oil.

This full-spectrum tincture contains the full range of hemp's cannabinoids, terpenes, flavonoids, and other beneficial phytochemicals. It comes in only one, high CBD potency of 50 mg/ml in 5 ml, 15 ml, 30 ml, 50 ml, or 100 ml bottles with a total of 240–4850 mg of CBD.

This strength works great for most people because those who want a lower dose can use a few drops, whereas people with higher CBD requirements can use the whole dropper.

NuLeaf's tincture is derived from organic, non-GMO hemp cultivated in Colorado, the best hemp source in the country. It undergoes extensive third-party testing to confirm its potency and safety.

NuLeaf Naturals' CBD oil costs \$38.50–439.00 or \$0.09–0.16 per mg. This price is considered average for CBD tinctures, but you're still getting excellent value thanks to the company's high quality standards. You can also buy multi-packs for increased savings.

Pros:	Cons:
<ul style="list-style-type: none">• Full-spectrum hemp extract• High potency• Multiple bottle volumes• Extensive third-party testing• High-quality hemp source and extraction process• Free 3-day shipping on U.S. orders	<ul style="list-style-type: none">• Only one potency option• Not as cheap as some competitor brands (\$0.13 average per mg CBD)

Watch our NuLeaf Video Review:



Watch Video At: <https://youtu.be/BM7SQ512UZA>

[NuLeaf Review](#)

[NuLeaf Official Site](#)

Best Full Spectrum Tinctures With Worldwide Shipping – Endoca CBD Oil



[Read Review](#)

CBD Amount Range

300 mg - 3000 mg

Price Range

\$15 - \$286

[Visit Site](#)

[More Info](#)

Free Shipping on all Orders at ENDOCA

Expires On: Unlimited

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Denmark's Endoca is another excellent brand that offers worldwide shipping. Established by biochemist Henry Vincenty in 2010, Endoca is one of the oldest and most respected names in the European CBD industry.

The company offers full-spectrum CBD oil with a potency of 30 mg or 150 mg/ml in a 10 ml bottle, which is enough to meet the needs of most people. It's available in two formulations: regular and raw. The raw version is unprocessed and unheated, maintaining high levels of CBDA, the natural form of CBD produced inside the hemp plant.

More importantly, Endoca's CBD oil is of exceptional quality. We independently tested it with the help of Las Vegas' Canalysis Labs and found that Endoca's 300 mg raw CBD oil contains significant levels of minor cannabinoids, including THCV, CBDV, CBG, CBDA, and CBC.

Since these cannabinoids contribute to the beneficial effects of CBD, this makes Endoca's tincture more effective than competitor products.

Endoca's CBD oil costs €25.69–114.68 or €0.08–0.09 per mg of CBD, which is an excellent price for a high-quality tincture.

Endoca's products are derived from organic hemp grown directly by the company in Denmark. The company not only utilizes third-party testing but also tests in-house at every step of the growing and manufacturing process. Endoca ships worldwide and also has a dedicated U.S. facility.

Pros:	Cons:
<ul style="list-style-type: none">• High potency• Full-spectrum hemp formula• Rich in minor cannabinoids• High-quality hemp source and extraction process• Extensive third-party and in-house testing• Affordable prices (€0.08–0.09 per mg)	<ul style="list-style-type: none">• Some people may prefer USA-made products

Watch our Endoca video review:



Watch Video At: <https://youtu.be/ctxXCDMJ920>

[Endoca Review](#)

[Endoca Official Site](#)

Best Tincture With Supplements – Recepra Naturals Relief CBD Tincture



[Read Review](#)

CBD Amount Range

376 mg - 3960 mg

Price Range

\$5.95 - \$249.95

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[More Info](#)

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Our top pick for CBD oil is the relief tincture from Colorado's Receptra Naturals. What makes this CBD oil a great option for arthritis is the inclusion of turmeric.

This anti-inflammatory herb has been used for thousands of years and several studies have shown that its main active ingredient curcumin can [improve the symptoms of arthritis](#).

Besides, these tinctures are full-spectrum, which means they contain many beneficial cannabinoids, terpenes, and other hemp compounds. Such whole-plant products are more effective than those made with pure CBD.

Receptra's relief tinctures contain 33 mg or 66 mg of CBD per ml, the kind of high potency needed for serious symptoms. They come in 30 ml or 60 ml bottles with a total of 1000–4000 mg CBD, a mix of plant carrier oils, and natural mint berry flavoring.

Like all of the company's products, this CBD oil is derived from organic, Colorado-grown hemp and undergoes comprehensive third-party testing.

Receptra Naturals' relief tinctures cost \$84.99–269.99 or \$0.07–0.08 per mg. Relative to other CBD oils, this price is considered below-average.

Pros:	Cons:
<ul style="list-style-type: none">• Contains anti-inflammatory turmeric• Full-spectrum hemp extract• Two high potencies and bottle sizes• Reasonable price (\$0.07–0.08 per mg of CBD)• High-quality hemp source and extraction process• Comprehensive third-party testing• Free shipping on U.S. orders	<ul style="list-style-type: none">• Third-party tests only available accessible after purchase• Only one flavor option

[Receptra Review](#)

[Receptra Official Site](#)

Best Topicals – CBDMEDIC Arthritis Aches & Pain Relief Ointment



[Read Review](#)

CBD Amount Range

50 mg - 200 mg

Price Range

\$19.99 - \$39.99

[Visit Site](#)

[More Info](#)

CHECK OUT CBDMedic'S OFFERS

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Topical CBD products are a popular option for arthritis because you can apply them directly to the problem area, and can also be used in combination with a tincture.

If you want to use a topical for arthritis, our recommendation is the relief ointment from CBDMEDIC. This company is unique for specializing in topical products and including other active ingredients besides CBD.

| CBDMEDIC's 40-gram ointment contains menthol (10%) and camphor (10%), two natural compounds widely used to relieve pain.

It's infused with 200 mg of broad-spectrum CBD, which has zero THC but maintains other beneficial hemp cannabinoids and terpenes. This extract is derived from hemp grown in Oregon and Colorado.

| CBDMEDIC's arthritis aches & pain relief ointment is also available as a cream with the same active ingredients. Both options cost \$39.99 or \$0.20 per mg, which is considered average for CBD topicals.

Pros:	Cons:
<ul style="list-style-type: none">• Formulated for arthritis• Cream and ointment forms• Broad-spectrum hemp extract• All-natural ingredients• High-quality hemp source• Third-party tested	<ul style="list-style-type: none">• Lacks third-party tests for pesticides and heavy metals• Low CBD potency• Lack of detailed information about the company• Not as cheap as some competitors (\$0.20 per mg)

[CBD Medic Review](#)

[CBD Medic Official Site](#)

Best Topicals – PlusCBD Oil Roll-On



[Read Review](#)

CBD Amount Range

50 mg - 1500 mg

Price Range

\$11.95 - \$145.95

[Visit Site](#)

[More Info](#)

Known for its exceptional quality, PlusCBD Oil was one of the first American companies to sell CBD products. Its roll-on is a great choice for arthritis thanks to the high potency and unique formula.

It contains numerous herbal ingredients meant to reduce inflammation and provide pain relief, including menthol (5%), camphor (5%), Aucklandia lappa, Achyranthes bidentata, Poria cocos, Chinese cinnamon bark, and licorice.

The roll-on is available in the potency of 6.7 mg/ml or an extra-strength version with 16.7 mg/ml, which is much higher than most topical CBD products. This stronger concentration is ideal for more serious symptoms.

In total, this product contains 200 mg or 500 mg of full-spectrum CBD in a 30 ml stick. It's made with PlusCBD's Gold formula, which concentrates cannabinoids, terpenes, and fatty acids to maximize hemp's beneficial effects.

This product is derived from organic hemp plants cultivated in the Netherlands. It costs \$34.95–59.95 or \$0.12–0.17 per mg, which is a reasonable price.

PlusCBD tests its products both in-house and through a third-party lab. It's also one of the few companies to achieve self-affirmed Generally Recognized As Safe (GRAS) status and U.S. Hemp Authority certification, which highlights its safety and quality control.

Pros:	Cons:
<ul style="list-style-type: none">• Two potencies• Anti-inflammatory formula• Full-spectrum hemp extract• High-quality hemp and extraction process• Extensive third-party and in-house testing• U.S. Hemp Authority-certified and self-affirmed GRAS	<ul style="list-style-type: none">• Some people may prefer domestic (American) hemp source• Affordable, but not as cheap as some competitors (\$0.15 per mg CBD)

[PlusCBD Oil Review](#)

[PlusCBD Oil Official Site](#)

Best Gummies – CBDfx CBD Gummies with Turmeric and Spirulina



[Read Review](#)

CBD Amount Range

15 mg - 600 mg

Price Range

\$6.99 - \$174.99

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Thanks to the additional ingredients, these gummies from CBDfx are our top pick. They contain turmeric, an anti-inflammatory herb that was shown to improve symptoms of arthritis in research studies.

The other major ingredient is spirulina, a nutrient-rich superfood with anti-inflammatory and other beneficial properties. Each vegan-friendly gummy contains 5 mg of THC-free CBD isolate. While this dose may be low for some people, you can always take two or more gummies at a time.

Like other CBDfx products, these gummies have a pleasant taste and contain only natural, vegan-friendly ingredients. They're derived from organic, Kentucky-grown hemp and extensively tested by a third-party lab.

CBDfx's turmeric and spirulina gummies can be purchased in an 8-piece pouch for \$9.99 (\$0.25 per mg) or a 60-piece bottle for \$49.99 (\$0.08 per mg). Although the pouch is a bit pricey, the bottle's price is considered cheaper than average for gummies.

Pros:	Cons:
<ul style="list-style-type: none">• Additional beneficial ingredients• Natural, vegan-friendly formula• High-quality hemp source and extraction process• Extensive third-party testing• Reasonable price (\$0.08 per mg CBD)	<ul style="list-style-type: none">• Only one, low-potency option• Gummy pouch is expensive

[CBDfx Review](#)

[CBDfx Official Site](#)

Best Capsules – Endoca CBD Capsules



[Read Review](#)

CBD Amount Range

300 mg - 3000 mg

Price Range

\$15 - \$286

[Visit Site](#)

[More Info](#)

Free Shipping on all Orders at ENDOCA

Expires On: Unlimited

[Visit Site](#)

One of Europe's most established brands, Endoca is our top choice for CBD capsules. This company is known for its rigorous quality control and high-quality ingredients.

Endoca's capsules contain full-spectrum CBD, which means you're getting all of hemp's beneficial cannabinoids and terpenes. They're made with a vegan-friendly shell and contain hemp seed oil, a premium substitute for MCT oil that improves CBD's absorption.

These capsules are available in potencies of 10 mg or 50 mg with 30 capsules per bottle, making it easy to choose the dosage that fits your needs.

Better yet, Endoca offers a raw formulation, which contains CBDA, the natural form of CBD before it's heated. This formula is great if you're looking for the most natural product possible.

Endoca's capsules are derived from organic hemp grown directly by the company in Scandinavia. Endoca tests its hemp plants and CBD extracts during and after cultivation in addition to extensive third-party testing. Despite its European origin, the company ships worldwide and has a warehouse facility in California.

Endoca's CBD capsules cost €25.69–114.68 or €0.08–0.09 per mg. This price is considered below-average for capsules.

Pros:	Cons:
<ul style="list-style-type: none">• Whole-plant hemp extract• Available in a raw formula• Two potency options• High-quality hemp source and extraction process• Extensive third-party and in-house testing• Vegan-friendly	<ul style="list-style-type: none">• Not as cheap as some competitors (€0.08–0.09 per mg)• Some people may prefer American-made products

[Endoca Review](#)

[Endoca Official Site](#)

Best Value – CBDistillery



[Read Review](#)

CBD Amount Range

500 mg - 5000 mg

Price Range

\$35 - \$240

[Visit Site](#)

[More Info](#)

The CBDistillery Deal: Get 15% Off Your First Order With Email Sign Up at The CBDistillery

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If value is your top concern, we recommend CBDistillery.

Regardless of which type of CBD product you choose for arthritis, this popular company offers exceptional prices: \$0.05–0.08 per mg of CBD oil, \$0.06–0.07 per mg for capsules, \$0.08–0.24 per mg for topicals, and \$0.06–0.07 per mg for gummies. These prices are well below the market average.

More importantly, CBDistillery achieves this without sacrificing quality. It uses only organic, Colorado-grown hemp, advanced CBD extraction methods, and provides detailed information about its manufacturing process.

CBDistillery offers both full-spectrum and CBD isolate products in a wide variety of potencies. Thanks to this, you can easily match the severity of your symptoms with the appropriate CBD potency.

CBDistillery's products are third-party tested and U.S. Hemp Authority-certified. They range in price from \$6–240, or anywhere from \$0.03–0.24 per mg.

Pros:	Cons:
<ul style="list-style-type: none">• Excellent prices (\$0.05–0.08 per mg for most products)• Multiple potencies• High-quality hemp and extraction process• Third-party tested• U.S. Hemp Authority-certified• Free shipping on U.S. orders	<ul style="list-style-type: none">• No third-party tests for contaminants• No additional anti-inflammatory ingredients

[CBDistillery Review](#)

[CBDistillery Official Site](#)

Best Potency – cbdMD



[Read Review](#)

CBD Amount Range

100 mg - 7500 mg

Price Range

\$9.99 - \$339.99

[Visit Site](#)

[More Info](#)

15% off - Only for Leafreport Users! Save 15% Off Your Order at cbdMD (Site-Wide)

Expires On: Unlimited

[Get Code](#)

CbdMD is our top pick for potency, offering some of the strongest CBD products available.

You can find tinctures with CBD concentrations of 50 mg, 100 mg, 167 mg, and even 250 mg per ml. This will be enough even for people with extremely high CBD dosage requirements.

There are also high-potency options for capsules (33 mg or 50 mg/ml), gummies (25 mg and 50 mg per piece), topical products (12.5 mg or 17 mg/ml with additional anti-inflammatory ingredients), and even bath bombs (100 mg/bomb).

All of cbdMD's products are free of THC: some contain pure CBD isolate, whereas others are made with broad-spectrum hemp extract, which also includes other beneficial cannabinoids and terpenes.

CbdMD's products cost \$9.99–\$339.99 or \$0.05–0.10 per mg (\$0.08 on average). Compared to most CBD products on the market, these prices are considered low.

Pros:	Cons:
<ul style="list-style-type: none">• Multiple high-potency options• THC-free products• Excellent prices (\$0.08 per mg)• Third-party tested• Free shipping on U.S. orders• High-quality hemp source and extraction process	<p>No third-party tests for contaminants</p>

[CBDmd Review](#)

[CBDmd Official Site](#)

Best for Dogs – Honest Paws Tincture & Edibles



[Read Review](#)

CBD Amount Range

125 mg - 500 mg

Price Range

\$24.95 - \$275

[Visit Site](#)

[More Info](#)

Get 15% Off Your Purchase at Honest Paws

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Our furry companions can suffer from arthritis too. For those cases, the pet-centric brand Honest Paws is our recommended choice. This company offers several products formulated specifically for dogs (and other pets) with joint issues.

Honest Paws' Mobility CBD oil provides full-spectrum hemp extract alongside turmeric, an anti-inflammatory herb that may help with arthritis. This formula comes in three CBD concentrations designed for small, medium, and large dogs: 125 mg, 250 mg, and 500 mg in a 30 ml bottle.

Honest Paws also offers an edible version of its joint-focused formula: relief bites. These edible treats contain 5 mg of full-spectrum CBD mixed with turmeric and nutritious foods for your four-legged friend, such as barley, oats, and peanut butter. They come in a bag of 30 bites.

In addition, Honest Paws has a soft chew version of its mobility formula. Each soft chew contains 8.3 mg of full-spectrum CBD and several natural compounds that may have joint health benefits: chondroitin sulfate, glucosamine, hyaluronic acid, and Boswellia seratta. These edible treats come in a pack of 30.

Honest Paws' mobility and relief CBD oil and edibles cost \$24.95–\$79.95, or \$0.16 per mg. As far as CBD pet products go, these prices are considered average.

One of the only CBD brands dedicated entirely to dogs and other pets, Honest Paws uses Colorado-grown hemp for all products. It also provides third-party test results directly on each product page.

Pros:	Cons:
<ul style="list-style-type: none">• Pet-focused brand• Special formula for joint health• Three potencies for small, medium, and large dogs• Three product options• Third-party tested• High-quality hemp source and extraction process• Free shipping on U.S. orders over \$40	<ul style="list-style-type: none">• Not as cheap as some other CBD pet products (\$0.16 per mg)• Lack of detailed info about the manufacturing process• No third-party tests for pesticides

[Honest Paws Review](#)

[Honest Paws Official Site](#)

CBD for Arthritis Guide: Does CBD Oil Really Help Treat Arthritis Pain?

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Advocates of CBD otherwise known as cannabidiol assert that **CBD is safe and effective** in relieving the pain and inflammation associated with arthritis. Arthritis remains the **primary cause** of disability among adults in the U.S. According to the [Arthritis Foundation](#) (AF). Close to 54 million Americans adults and about 300,000 children, including infants, have been diagnosed with arthritis (AF). Based on non-scientific anecdotal evidence in humans, CBD oil made from hemp or cannabis is believed to relieve the symptoms of arthritis and many other ailments. However, most of the research concerning CBD safety and effectiveness for joint pains are animal based studies. More clinical trials are needed in humans to determine its safety and efficacy. Keep reading to learn our top picks for the best CBD oil for arthritis pain.

What is CBD

CBD, short for **cannabidiol**, is one of the natural compounds known as cannabinoids present in members of the Cannabis sativa family. CBD and THC are the two most prominent cannabinoids in the Cannabis Sativa family. CBD, unlike THC short for delta-9-tetrahydrocannabinol, is a non-psychoactive compound. It **does not produce the 'high' effect** associated with marijuana. CBD does not

alter your brain functions in ways that could result in a temporary change in perception, mood, behavior, or consciousness.

Difference between CBD and THC

Both CBD and THC share the same chemical formula and interact with your body's endocannabinoid system. The endocannabinoid system is a cell signaling system that controls several functions and processes, including mood, sleep, appetite, memory, reproduction and fertility). However, CBD and THC differ in the arrangement of their individual atoms. This slight difference in the arrangement of their atoms is responsible for their differing effects on the body.

CBD vs THC



How CBD and THC work?

CBD and THC, due to their different molecular structures, interact differently with the CB1 and CB2 receptors in the endocannabinoid system. The two compounds both bind with the CB2 receptor. Their association with the CB1 receptors differs. As stated by the National Center for Biotechnology Information (NCBI), THC connects directly to CB1. This connection results in reactions that send signals to the brain responsible for the euphoric feelings associated with marijuana. Brain imaging studies show that the prefrontal cortex region of the brain received greater blood flow during THC intoxication. The cortex region is responsible for decision making, attention, and other executive functions, including self-monitoring, task initiation, advanced planning and organization.

In contrast to THC, CBD does not associate directly with the CB1 receptors. Studies reveal that its presence can interfere with the connection between THC and the CB1 receptors, thereby neutralizing the 'high' effects caused by THC.



Is CBD Oil Legal?

The legality of CBD oil remains a complicated issue in the U.S. due to laws that vary across the states. CBD, and any of its allied products made from cannabis, remain illegal at the federal level with the exception of Epidiolex, a prescription drug approved by the FDA for the treatment of a severe form of epilepsy in children and adults age 2 and over. However, many states have legalized medicinal marijuana. That said, CBD products made from hemp with less than 0.3 percent THC are legal under the 2018 Farm Bill but are illegal under some state laws. You can purchase CBD oil online if it is legal in your state. Flying with CBD products, including oil with THC, may result in prosecution.

Different Consumption Methods for CBD

You can consume CBD using any or all of the following five methods:

CBD vaporizing (inhalation): You can inhale CBD using a tool, known as a vape. The vape heats a concentrated version of the cannabinoid to make it inhalable.

Consuming CBD via this method is the quickest way to get CBD into your bloodstream. The CBD gets absorbed immediately via your lungs, and you start noticing its effect almost immediately. However, this method produces the shortest active period. This implies you will always have to take additional doses if you desire a continuous effect.

In addition, recent incidents after using CBD vapes shows it may not be the safest way to consume CBD.

CBD cream and lotion (topical): CBD-infused cream and lotion are presumed as effective in treating inflammation, sore muscles and arthritis pain and inflammation. * Proponents of topical CBD argue that the products work through its association with the endocannabinoid receptors present under the skin.

You may start noticing the effect of a topical CBD cream or lotion after an hour, and the effects can last up to 5 hours.

CBD skin patches: Skin patches are small adhesive patches that convey CBD through your skin. In contrast to topical creams and lotions, skin patches provide a continuous flow of CBD through the dermal barrier, allowing an even stream of the cannabinoid to penetrate and enter your blood.

The effect of CBD skin patches can last from 4 to 6 hours on average.

CBD oil and tinctures: You consume [CBD oil and tinctures](#) with a dropper that is used to place the liquid under your tongue (sublingually). CBD oil is usually made of CBD and a carrier oil, such as MCT, coconut, or hemp seed oil. Tinctures may also include other ingredients with typical examples being vinegar, vegetable glycerin, alcohol, artificial flavoring, or ethanol.

CBD edibles (ingestion): You may add CBD to beverages and food. You can take [CBD in the form of gummies](#). Gummies are tasty, discreet, and affordable. You can get them from stores where other CBD products are sold.

Gummies might take up to 2 hours before you start noticing the effect. The ingested CBD needs to be absorbed and digested before entering into your bloodstream.

How to Properly Use CBD – Dosage

There is no standard prescribed dose for CBD. Many factors determine the quantity [of CBD](#) you should consume. These include:

- The concentration of CBD in the drop, capsule, pill, or gummies.
- The ailment you're treating
- Your body weight and chemistry

However, before embarking on any treatment with CBD, you must discuss this with your doctor for advice on possible side effects and dosage. If your doctor recommends a dosage, stick to the recommendation. Nevertheless, if your doctor does not provide guidance, you should start with the lowest dose possible. Then gradually increase your dosage as your body adjusts to the use of CBD.

Why People Use CBD Oil

The [popularity and acceptance](#) of CBD oil have soared in the U.S. in the last few years despite the legal questions surrounding its usage. This is due to several unproven claims by CBD advocates regarding its effectiveness in treating many ailments ranging from chronic pain and anxiety to cancer, and diabetes. While limited evidence exists in humans to support most of the claims, there is strong evidence, according to the [National Academies of Science, Engineering, and Medicine](#) (formerly – Institute of Medicine) concerning the effectiveness of cannabis and cannabinoids in treating chronic pain in adults.

Chronic pain affected close to 20.4 percent or about 50 million adults in the U.S. in 2016 says the [Center for Disease Control and Prevention](#). Many people with chronic pain have turned to CBD oil. They do so in an effort to avoid some of the side effects associated with [conventional pain killer medications](#) and a life-long dependence on drugs.

Potential Benefits of CBD Oil

While debates on the safety and effectiveness of CBD oil remains a hot issue in the public domain, some of the [potential benefits of CBD oil](#) include:

CBD Oil relieves arthritis pain: According to findings published in the [Journal Pain](#) in December 2017, CBD oil may halt progression of joint neuropathy and osteoarthritis.

CBD Oil Eases Other Chronic Pain Conditions: Findings from [research](#) published in *Therapeutics and Clinical Risk Management* show cannabinoids easing pain in individuals diagnosed with cancer and multiple sclerosis.

CBD Oil and Anxiety: [Research](#) indicates that CBD oil is effective in reducing anxiety. Furthermore, a study published in *The Permanente Journal* suggests that CBD oil helped reduce anxiety in children.

CBD Oil for Depression: Findings from [multiple studies](#) indicates that CBD oil helps in reducing the symptoms associated with depression.

Is Cannabidiol safe? Side Effects and Safety

The uncertain safety of cannabidiol (CBD) has generated many concerns, however many CBD advocates assert its safety and effectiveness. [There are legitimate concerns about areas](#) that include:

- Potential side effects
- Limited clinical trials
- Dosage
- Quality of the CBD products
- Potential interaction with other drugs
- Lack of regulation by the FDA

Epidiolex, a prescription drug used to treat two rare forms of childhood epilepsy, remains the only FDA regulated product made from CBD.

Safety and Side Effects

Some reported side effects associated with taking cannabidiol include:

- Dry mouth
- Drowsiness
- Low blood pressure
- Lightheadedness
- Liver injury (though this is uncommon)

Children: Higher doses of Epidiolex might cause side effects in children. You should stick with the recommended dosage.

Pregnant and Lactating Women: Limited information exists on the effects of cannabidiol in pregnant or breastfeeding women. Therefore, you should avoid cannabidiol use.

Parkinson's Disease: Early research indicates that high doses of CBD could aggravate muscle movement and tremors seen in people diagnosed with Parkinson's disease.

CBD oil for Arthritis pain

What is Arthritis

Arthritis is defined as the inflammation and tenderness of one or more of your joints. A joint is an area where two or more bones meet. Common signs and symptoms of arthritis include pain, swelling, stiffness, redness, and decreased range of motion. There are over 100 different types of arthritis with different causes. The arthritis type determines the kind of treatment prescribed.

Two Common Types of Arthritis

Osteoarthritis and Rheumatoid arthritis are the two most common types of arthritis.

Osteoarthritis causes break down of cartilage, which is the firm, slippery, connective tissue that covers the ends of bones. Rheumatoid arthritis is a disease that causes the immune system to attack the joints as though the joint structure was foreign to the body. The attack often starts with the cartilage lining of joints.

How CBD helps with Arthritis Pain

Some preliminary research, according to AF Arthritis Foundation, shows that CBD may help treat arthritis. CBD effectively relieves inflammation and arthritis pain in animal based studies. However, we are uncertain if this effect occurs in humans. Furthermore, the results of CBD clinical trials in humans were incoherent. For example, a 2016 clinical trial in humans diagnosed with fibromyalgia, osteoarthritis, and rheumatoid arthritis showed that CBD improved sleep and reduced pain. However, the small size and the poor quality of the clinical trial rendered the results questionable.

As stated earlier, THC and CBD interact differently with the CB1 and CB2 receptors found in the body's endocannabinoid system. CBD, unlike THC, does not interact directly with the CB1 receptors. It binds with the CB2 receptors found in large part in the immune system. CB2 receptors affect pain and inflammation. The association of CBD with CB2 receptors suggests that CBD might affect how the body reacts to pain and inflammation.

CBD oil and chronic pain

Chronic pain is pain that lasts longer than 12 weeks despite treatment or medication. The pain may feel dull or sharp, resulting in an aching or burning sensation in the affected parts. It may be intermittent or steady, waxing and waning without any known reason.

Research is about to verify the effectiveness of CBD oil in alleviating pain. Some evidence, obtained from animal based studies suggest that the association of CBD with the CB2 receptors reduces inflammation and eases chronic pain. CBD advocates assert that CBD oil promotes sound sleep by treating pain induced sleep disruption, which is common among people with chronic pain.

Further research- What else can be found in research related to Arthritis pain relief

Moving forward, as the financial impact of grants reach the academic university and scientific community, there are several design concepts that can be used to explore the value of CBD in the reduction of arthritis pain.

- Conduct large multicenter clinical trials across a wide cross section of the population
- Design double-blind, placebo controlled investigations that reduce the influence of bias, opinion and testimonials.
- Elucidate an appropriate individual dosage that minimizes side effects

- Account for the emotional or affective element of this condition. Individuals who suffer with depression and anxiety due to severe constant pain may report an intensification of their symptoms which is not due to physical disease progression.

In continuing to study arthritis, we will find innovative methods incorporating proactive prevention and more timely treatment designed to reduce or eliminate bone erosion. It is essential for the long term management of arthritis to create a safe, effective, low base dose of CBD enhanced by bolus dosing controlled by the patient that will lead to patient comfort and return to a productive life

CBD is thought to produce an anti-inflammatory and pain relieving effect that helps with overall pain management due to its interaction with the CB2 receptors in the endocannabinoid system. A [2018 review](#) was completed to assess the effectiveness of CBD in relieving chronic pain due to fibromyalgia, cancer, and neuropathy. The researchers concluded that CBD was safe and effective in overall pain management and did not cause any adverse side effects.

Tips for Choosing a CBD Product

The lack of regulation by the U.S. FDA of the formulation and production of CBD products poses a risk to CBD consumers. The quality of the CBD products you take will determine its effects on you. That said, choosing a quality CBD product has never been more complicated than now. CBD products from different brands are everywhere and unfortunately, their qualities differ. However, some tips can guide you in choosing the best CBD oil for arthritis pain.

Check the review

What does the review say about the brand? Checking a product review is mandatory, and you should start with this. A review will provide you with valuable information concerning the other customers' experience with the product. This includes information on potential side effects, effectiveness based on other customers' views, and additional information that can influence your buying decision.

You can also look up the literature published by the manufacturer. This will provide you answers to questions that include:

- Do they conduct a third party lab test?
- Do they use artificial ingredients?
- Are they certified?

You can find answers to these questions and others by exploring Leafreport **for quality online content delivering expertise, authority and trustworthiness.** Leafreport offers consumers unbiased reviews of CBD producers and products.

Learn to read a CBD Lab Report

A [CBD lab report](#) contains valuable information every CBD consumer should learn to interpret. It contains information that includes:

- The presence of contaminants. Is the product free of microbial and heavy metal contaminants?
- CBD concentration: Is the information on the product's label identical to the results obtained through lab testing?
- Lab Accreditation: Is the lab testing your CBD product accredited by the [International Organization for Standardization](#) (ISO)
- The published date of the report: How recent is the report? The more recent it is, the more valuable and authentic it is.

Every reputable and legitimate CBD manufacturer will provide this information to consumers. Failure to provide this information is a red signal.

Choose The Suitable CBD Extract Type For You

CBD products come in different physical forms that include CBD isolate, full spectrum CBD, and broad spectrum CBD.

- CBD isolate: Is the CBD extract derived from the hemp plant?
- Are there any other cannabinoids, particularly THC?
- Full spectrum CBD is CBD derived from the hemp plant that has not been isolated from other cannabinoids, including THC. This form of CBD can provide additional potential health benefits but the presence of THC content in excess of 0.3% alters the material into an illegal substance.
- Broad spectrum CBD is CBD extracted from the hemp plant without THC.

Choose brand products from legalized states

[Consumer Reports](#) advises CBD consumers to opt for CBD products from states that have legalized the medicinal and recreational use of cannabis. States that include Oregon, Kentucky, Colorado, and Tennessee have stringent standards for producers. Buy your CBD products from brands that are forthcoming about their raw material sourcing.

Other issues to watch out for before making a buying decision concerning a CBD product include:

- Avoid brands that make explicit health claims about their CBD products. The FDA has warned against this.

- Avoid gummies made with artificial colors and corn syrup
- Opt for brands whose products indicate the measure of CBD and THC per serving, not only the total cannabinoid content in the pack.
- Ask friends, families, and colleagues who are experiencing arthritis health challenges, which CBD oil works for them.
- Ask your doctor for any forum you can join online that discusses arthritis and the benefits of CBD oil.
- Discuss your plans with your doctor before using any CBD oil for arthritis pain. This will help you avoid potential side effects and drug interactions.

Arthritis prevalence is a national concern and, going by the [AF estimation](#), more than 78 million Americans are likely to have doctor-diagnosed form of arthritis by 2040. This calls for a more pragmatic approach to tackling the epidemic. There is promising evidence, mostly from animal studies, that suggest CBD oil can reduce the symptoms of arthritis due to its anti-inflammatory and pain management effects. Further clinical trials directed toward gaining knowledge about CBD safety and effectiveness in humans are required. These will go a long way toward easing fears and, possibly, encourage more people to use CBD oil in managing not only arthritis but also other health issues.

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Best CBD Products

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