



CBD Oil Amounts

How Much Do I Take?

We have many people asking us about CBD Dosage that we decided to make this quick informative CBD guide. There is no established recommended daily allowance of CBD mostly because everyone and every condition is different.

While it would be nice if we could provide a mathematical CBD dosage calculator, it isn't quite that simple – rough estimates are about as good as it gets. The key is trying different amounts for whatever condition you are trying to help.

If you are new to CBD oil, begin your journey by starting with the minimal suggested CBD dosage, then gradually increasing the dose until they achieve the desired results.

10-40 mg per day is a good starting point for the average consumer looking for wellness benefits like mental clarity, improved sleep, relief from arthritis and chronic pain, and reduced inflammation.

For sleep disorders, 40-160 mg are can be used. Body weight, cannabinoid sensitivity, and desired results should all be considered. The key is to experiment.

Remember, the higher potency CBD oil you choose, the lower the doses.

Start low, go slow!

Choose a dose and time(s) of day, and do it consistently for 1-2 weeks. After that time, the endocannabinoid system will be primed and dosage can be adjusted as needed. Continue that cycle, upping your dosage each time, until you achieve the results you are looking for.

For most conditions, consider taking $\frac{1}{2}$ the dose in the morning and $\frac{1}{2}$ in the evening. For sleep problems, take the entire dose about 1 hour before bedtime.

You might find it useful to record your daily experiences in a notebook so you can accurately narrow in on what works and feels best for you. With that understanding in place, it is now time to learn more about CBD oil and how to find the right CBD oil dosage for you.

You can't overdose

There is no known lethal dose level of CBD, and chronic use/high doses of up to 1500 mg per day (30x more than the COR Serving Standard!) have been shown to be well tolerated.