



Whether you're a first-time user or an experienced user, understanding how CBD works and how to use it can be somewhat confusing, especially since the industry is so new. Every day, we answer dozens of questions from our readers, but one of the most frequently asked by first-time users and experienced users alike is: ***What's the best CBD dosage?***

While there are tons of articles about the benefits of CBD, there are few about properly dosing CBD. To make things more confusing, unlike with other supplements, The FDA has not created a Recommended Daily Intake (RDI) for CBD, which means **CBD does not have an official serving size.**

Because of this, consumers are blindly estimating their dosages based on recommendations from brands and companies they buy their CBD from. *Or even worse...* friends who are uncertified and claim to be "experts" simply because they use CBD.

“Take one dropper of CBD per day,” is one of the most common dosage recommendations we hear. While this can definitely be a dosage, there’s no way to tell if its the right dosage for the given individual as it doesn’t take into account important factors such as:

- The concentration of CBD
- The weight of the individual
- The individual’s body chemistry
- The severity of the condition being treated

With that being said, there isn’t a “one size fits all” dosage, and there will be some trial and error while gauging your proper dosage.

Neuroscientist Nick Jikomes over at Leafly, explains that, as our body’s physiology changes, so do the receptors in our Endocannabinoid System (ECS), which are directly responsible for interactions with CBD. As a result, optimal CBD dosages will shift throughout an individual’s lifetime.

*In other words*, there isn’t necessarily a universal CBD dosage...

So how much CBD should you take then? Use these 3 simple tips to find out:

## **How to Choose Your CBD Dosage**

### **1. Estimate your dosage based on your body weight**

As with most substances, individuals with more body mass will require more CBD to experience its effects. With that being said, a good rule of thumb to determine your proper CBD dosage is to take 1–6MG of CBD for every 10 pounds of body weight based on the individual’s level of pain.

*For example*, 20MG-33MG would be a great starting dosage for a 200 lb patient, while 15MG-25MG would be best for another who weighs 150 lb.

### **2. Start small and increase gradually**

Let’s say you have a friend who weighs no more than 150 pounds and takes 50MG of CBD twice per day, which he claims provides all kinds of benefits. Since you guys are approximately the same weight, he recommends the same dosage for yourself.

#### ***Here’s why this isn’t the best way to choose your dosage:***

Not only are we all made differently, we each have our own unique history with the use of substances, medications, supplements, and other things we put in our body. Because of this, we all have different body chemistry, and this will affect how our body reacts to CBD. As R.R Noall over at [Herb](#) puts it, “what works for your friend, may not work for you.”

With that being said, it is important to first determine your initial dosage based on your weight, gauge how your body reacted to that amount of CBD, then increase gradually while continuing to monitor your body’s reactions till you find the perfect dosage that works for your situation.

### 3. Consult your physician

When in doubt, consult your physician, especially if you have an existing medical condition. While there aren't a ton of doctors who have experience with CBD, most doctors should have a good idea on how your body will react to CBD and can provide you a professional CBD dosage for your situation.

#### **You're Now a CBD Dosage Expert...almost...**

So, now that you know *how much* CBD you should take, we face another important question:

#### ***How do you accurately measure your CBD dosage?***

Think about it:

How much CBD is there in a single puff of your vaporizer, how much CBD is in a dropper from your CBD tincture?

Without understanding how to properly measure your dosage, knowing how much CBD you should take is pretty much pointless. Especially when it comes to all the different ways to consume CBD.

If you're feeling a little confused, *don't worry*.

Let's shed some light on the situation.

#### **How to Measure Your CBD Tincture Dosage**

Using a CBD tincture is one of the easiest ways to consume CBD. Simply fill the dropper, administer the oil under your tongue, then hold it there for 30 to 90 seconds before swallowing.

*But, how many drops of CBD oil should you take?*

With some simple mathematics, we can easily figure that out.

Being that the dropper is the tool we use to administer a CBD tincture, we need to find out how much CBD is in a single dropper. Once you know this, you can gauge how much CBD you're taking.

*So how do you figure out how much CBD is in a dropper?*

Typically a dropper holds 1 ML of liquid. If you know how many milliliters are in a CBD tincture, you can use this simple formula to determine how much CBD is in its dropper:  
[Total CBD in Bottle] ÷ [Number of Milliliters in Bottle] = MGs of CBD in a Dropper

For example, let's say you have a 30ml CBD tincture that has 1500MG of CBD:

$1500 \div 30 = 50\text{MG}$  of CBD per dropper

Now, if you're proper dosage of CBD is 25MG, and a single dropper of that 1500MG tincture contains 50MG, you'd simply fill the dropper halfway.

Of course, this method isn't 100% accurate, but it is more accurate than not measuring at all. *Remember, start with a small dosage and gradually increase until you find your perfect dosage.*

### How to Measure Your CBD Vape Dosage

Vaping CBD can be done using a CBD e-liquid or CBD cartridge system. Both methods are fairly easy and offer an enjoyable experience.

When using an e-liquid to vape CBD, you'd start by estimating how much CBD is in a dropper (just like with a tincture). Once you know this, you know how much CBD you are putting into a single tank. As you vape throughout the day, keep an eye on when you need to refill your tank, and how many times you need to refill your tank.

If your proper dosage of CBD is 25MG, and you are using a 1000MG bottle of CBD e-liquid, a single tank would contain approximately 33.33MG of CBD. That being said, to properly administer your dosage, you would vape a single tank periodically throughout the day.

Again, not 100% accurate; but with regular monitoring, you will be able to quickly gauge your CBD intake.

### **The Truly Accurate Way to Dose CBD**

Since the methods we mentioned so far have only been semi-accurate, you're probably wondering:

“So is there a 100% accurate to take CBD?”

*There certainly is. **CBD Capsules.***

Because CBD capsules are filled with an exact amount of CBD, they provide a truly accurate way to dose CBD. If your optimal CBD dosage is 16MG-25MG, then simply buy a bottle of 20MG or 25MG capsules and you're good to go. Plus, it doesn't get easier than taking a capsule.

Other consumption methods that are just as accurate include CBD applicators, CBD edibles, CBD Gummies, and CBD beverages; although they may not be as convenient as capsules.