



Here's an overview of the different CBD ingestion methods and how they can affect your system.

Ingestion Method	Types of CBD Products	Onset	Duration	Dose Needed
Oral	- Edibles	30 to 90 minutes	4+ hours	Higher
	- Food or drink powder			
	- Capsules			
Sublingual	Sublingual tinctures under tongue 60-90 seconds.	5 to 20 minutes	4 to 6 hours	Lower
Inhalation	Vape extracts	1 to 3 minutes	2 to 3 hours	Lower
Transdermal	- Lotions	1 to 3 minutes	4 to 6 hours	Somewhat higher
	- Balms			
	- Ointments			
	- Transdermal patches			