



CBD Dosage: How Much Should You Take?

By CBD American Shaman | May 20, 2020

CBD is a common wellness product that can offer various health benefits, but how much CBD should you take to reap those benefits? One person may be comfortable with 5 mgs of CBD per day while others may take 25 mgs twice a day. The right amount of CBD is different for everyone, since everyone's body reacts differently to cannabinoids. We're here to help you figure out the right CBD serving size for you.

What is CBD?

CBD is short for cannabidiol, which is a chemical compound found in cannabis plants. CBD is non-intoxicating, unlike tetrahydrocannabinol (THC), the common compound found in marijuana that causes a high in users. CBD products often contain trace amounts of THC (less than 0.3%), but not nearly enough to create any high effects. The CBD compound is a popular health and wellness product because of the way it interacts with the body's endocannabinoid system (ECS). The ECS helps regulate a wide range of functions throughout the body to maintain a state of balance and

homeostasis, including sleep, appetite, mood, nerve function, and more. CBD can help boost, stimulate, and assist the ECS to regulate the body's functions.

Dosage vs Serving Size

Sometimes when people talk about CBD, they refer to the amount you should take as a “dosage.” However, dosage is actually a term used for medications and prescription drugs. Dosage is defined as the amount and frequency in which medication or drugs are taken. Since CBD is not a drug or medication, it doesn't have dosage; it has serving size. According to the [Food and Drug Administration](#), a serving size is the “maximum amount recommended, as appropriate, on the label per occasion.” CBD products list the recommended serving size per-use on the product packaging, but this is just a recommendation and it can vary depending on the person and the product.

How Much CBD Should I Take?

There are many variables that go into choosing the CBD serving size that is right for you.

Purchase a Reliable CBD Product

Start with a reliable, safe, and accurate CBD product. Taking CBD from a well-known and reputable CBD brand can make a huge difference in how it affects you and your health. Purchasing from a reliable brand means you are receiving high-quality CBD that is compliant with laws and regulations. High-quality CBD will also ensure you are accurately getting the number of milligrams listed on the product, which is important when measuring the amount you take. Unreliable companies may claim their products contain higher milligrams of CBD than they actually do and may also use harmful ingredients while not abiding by regulations. Buying CBD you can count on is important for your health and your wallet.

Pick a Method

The method in which you take CBD will also help you determine how much CBD you should take. The main methods to take CBD are by sublingual use, eating or drinking, inhaling, and applying to the skin. Sublingual is when [CBD oils or tinctures](#) are placed under the tongue. This method takes effect quickly and may not require as much CBD compared to edible CBD because of the absorption rate. [Eating CBD](#) can take up to two hours to take effect because it is absorbed in the digestive tract. The quickest way to absorb CBD is through water soluble products, which can be added to water or another beverage and drank. [Topical CBD products](#) absorb through the skin where applied. The amount of CBD used for topical use depends on the desired effect and severity of the discomfort it is treating. Once you decide on the method you would like to take your CBD, then you can start to determine how much is right for you.

Start Small

When you first start taking CBD, it's recommended that you start with a small serving size and gradually increase the amount as you see fit until you figure out the right amount for yourself. For new CBD users, 5 mg once or twice daily may be the right amount to start with to see how you feel. Each product's packaging will provide a suggestion for a reasonable amount to start with. After

taking a small amount for a few days, then you can increase by 5mg and see how that affects you. For those who are more experienced with CBD and who have already been taking CBD, you may be able to start at a higher amount with new CBD products. The amount also depends on how often you would like to take CBD. Those who take it once a day can start with a higher amount, while those who take it multiple times a day should start with a small amount of CBD.

Measure and Track Your Serving Size

Make sure to measure how much CBD you take and track how often you take it. This can help you determine what amount works for you. This is why it is important to buy reliable CBD, with an accurate milligram amount listed, meaning you can measure and track the amount of CBD you take accurately.

Track How You Feel

When trying to decide how much CBD is right for you, keep track of how you feel each day that you take CBD, and even the days you don't. For example, if you are taking CBD with a specific health goal in mind, like easing discomfort or improving mental health, then keep track of how you feel before and after taking CBD.

By focusing on how your body feels, you can determine how your body responds to the serving size of CBD. Since CBD has the ability to help regulate such a broad range of functions in the body, there are things you may experience right away or after taking CBD for a while.

What Factors Affect CBD Serving Size?

The answer to finding the right CBD serving size isn't always straightforward since there are so many variables that impact how much CBD a person should take. These factors include the person's age, weight, metabolism, medical conditions, current medications, and desired effects. For example, CBD may affect smaller people more quickly than larger people. Those with faster metabolisms may also feel effects quicker than those with slow metabolisms. Keep these factors in mind when determining your CBD serving size.

The quality, type, and potency of the CBD you use will also impact how much you take. The potency of a product refers to the concentration or strength of CBD in a product, which is measured in milligrams. The product must contain the [CBD milligrams](#) listed on the packaging for legal distribution in the United States. Some single-serve CBD products, like [CBD teas](#) and [gummies](#), will provide the CBD milligrams per serving on the front of the package. Other products, like [CBD oils](#), [tinctures](#), and [solubles](#), will have the total CBD milligrams for the whole product listed on the front of the product. Most CBD manufacturers will list the CBD per serving on the back of the product to make it easier for you to determine how much to take. Potency in CBD products varies; one full dropper of CBD oil may not contain the same mg of CBD as another oil. Make sure to look at the serving size label and not just the front of the product to make sure you know the amount of CBD you are taking.

Everyone's body reacts to CBD differently because their bodies and endocannabinoid systems are different. Also, not everyone will experience the effects of CBD the same way. Some people may need a small amount of CBD per day to provide a positive mental state while others may need a larger amount to help decrease discomfort every so often. Have patience when it comes to trying to

determine what CBD amount is right for you. It may take some time and tweaking to figure out how much CBD you should take.

CBD Dosage Takeaways

CBD has a serving size, not a dosage, since it's not a medication or drug. Finding the right amount of CBD for yourself isn't an exact science and can take some time to figure out. This is because different factors need to be considered to find the right serving size for you. By starting small, logging how much you take, and tracking how you feel, you can better understand what CBD serving size works for you.

This content is not intended to be a substitute for professional medical advice, diagnosis or treatment. While research has shown that CBD has the potential to help provide beneficial outcomes for several complaints, it is advisable to seek the advice of a physician or other qualified healthcare provider when you have questions regarding any medical condition and when starting, augmenting or discontinuing any existing health routine.

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