



## Time to Increase Your Milligrams Knowledge

By David Nadel | February 04, 2020

When talking about a particular hemp product's potency, what we are really referring to is the milligram strength. By law, every CBD product must have the milligram strength clearly labeled on the product's packaging. That's because this information tells you exactly how much actual hemp you're consuming per dose of a particular product.

Now, as you can imagine, the milligram strength that you choose to go with has a lot to do with your overall experience. Different potency levels create different levels of effects that come from the unique properties within the hemp plant's fascinating chemical composition. Stronger milligram strengths can be far more potent, and as everyone is using CBD for a different reason, it's important to be able to choose from a decent range of concentrations.

Still, we understand that a lot of people are still a little confused as to how milligram strengths work. This is even more confusing due to the fact that different administration methods seem to come in different ranges of milligram strengths. For someone who is completely new to the CBD market, choosing the proper strength can be a downright intimidating endeavor.

But, as we said, it is very important that you know how to select the right strength. And, we wanna make this process as easy as possible for our customers. We'll walk you through the entire process of picking the right milligram strength.

## Typical Milligram Strengths You'll Find in CBD Products, According to Delivery Method

Each administration method has its own unique range of commonly available milligram strengths. Now, this may seem confusing, as one would think that one milligram strength should produce the same effects regardless of how the CBD is taken. However, that's not the case.

CBD comes in a wide range of delivery methods, with each one absorbing into the body in its own unique way. For instance, when you consume a CBD tincture, you're allowing it to absorb through the sublingual tissue, which has a pretty fast absorption rate. When you're consuming a CBD vape oil, you're absorbing it even more quickly due to the nature of inhalation. And, when you consume CBD in the form of a delicious gummy candy, it takes a long time to absorb because it has to travel all the way through the digestive system.

Each absorption rate, according to its corresponding delivery method, requires its own length of time before those compounds are active in the body. In other words, it'll take a different amount of time to "feel" the CBD depending on how you take it, whether it be via inhalation, digestion or sublingual absorption. And, to make matters more complex, the method of delivery you choose can determine how potent the effects are. This is because the faster it absorbs, the stronger it is felt, and the more short-lived the overall experience is.

This means that consuming one milligram of CBD via inhalation will be much stronger than consuming that same amount of a CBD tincture. Because CBD absorbs faster when inhaled than when applied sublingually, it peaks more quickly and is much stronger in the system.

That being said, you should know that if you're used to taking a certain milligram strength in the form of a tincture, for instance, you won't have the same effects if you consume that same milligram strength in the form of, say, an edible.

## Main Delivery Methods

Now, let's look at each to understand this concept further.

### Method #1: Topicals

Topicals are CBD products that are applied to the skin. The hemp compounds can quickly reach the tissue beneath the skin, including the muscular tissue. Topicals tend to provide you with 50 to 200 milligrams per application, and the effects can be immediate.

### Method #2: Vape Oils

Vape oils, like we said, absorb the fastest out of any internal method. This is why CBD vape oils tend to come in relatively low milligram strengths. Most vape oils give you one to two milligrams per puff. However, vape oils are unique in that you can determine your own dose based on how many puffs you choose to take. So, you can take a single puff, or you can enjoy a lengthy vaping session in order to receive a very high volume of hemp compounds all at once.

### **Method #3: Tinctures**

CBD tinctures are administered sublingually, which means that they are applied under the tongue, where they absorb through the sublingual tissue. The average tincture comes in strengths of 150 to 900 milligrams, but most companies offer a wider range these days to accommodate a wider range of needs. Now, 150 to 900 milligrams sound like a lot, but that's referring to the number of milligrams in the entire bottle, not the whole dose. Basically, every tincture bottle contains 30ml, which is about a month's worth if you take a single dose each day. And, the dropper bottles that come with tinctures allow you to dose the formula out precisely. That being said, the average dose of a tincture contains anywhere from 15 to 50 milligrams of CBD.

### **Method #4: Edibles**

Next, we have CBD edibles. Edibles are ingested, and like we said, the absorption rate is slow due to the way in which it moves through the digestive tract before those compounds are released throughout the body via the liver. Edibles can contain anywhere from 5 to 50 milligrams per piece on average, but many companies offer broader ranges due to the popularity of this type of product.

## **Selecting the Correct Milligram Strength for Your Cannabinoid Needs**

How do you know which milligram strength is right for you? Well, there's no objectively ideal strength since everyone's body is different, and everyone has their own desired potency level due to their individual reasons for taking CBD. What we can tell you is that most customers like to start with the middle amount that's available. This way, they can easily determine whether or not CBD really works for them, without taking an extremely high amount.

## **CBD American Shaman: A Variety of Milligram Strengths Available for a Customized Hemp Experience**

At CBD American Shaman, we take the needs of our customers seriously. One way of demonstrating this is by offering many of our most popular products in very wide varieties of milligram strengths. This lets people customize their hemp experience by deciding exactly how potent they wish their product to be, taking their needs, preferences and bodies into account.

## **Getting that Blissful CBD Experience Starts with the Proper Milligram Strength**

Today, virtually every CBD product on the market comes in a range of milligram strengths, and it's up to the consumer to choose the one that best suits their needs. But, if you don't know how milligram strengths work, you might end up disappointed with your experience with the product.

*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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