

HOW TO TAKE CBD OIL SUBLINGUALLY

THERE ARE SEVERAL WAYS TO USE CBD, AS IT IS OFFERED IN DIFFERENT FORMS SUCH AS OIL, TABLETS TO VAPES, BALMS AND EVEN EDIBLES. CBD OIL IS PROVES VERY EFFECTIVE. HOWEVER, IT IS BEST TO CHOOSE THE FORM THAT COMFORT FOR YOU.



1 Stand in front of a mirror for a certainty of dropping medication.

2 Apply a few drops under the tougue.

3 Let the oil absorb fot at least 30-60 second then swallow.

Pros of Sublingual Consumption

- Discreet - you can use them in public easily without drawing attention.
- Easy to use and requires no extra equipments, tools or accessories.
- It is easy to control the amount used.
- Long-lasting effects when using this method.
- It is the second fastest method after inhalation. 20-30 minutes after intake the oil is active in body.

Cons of Sublingual Consumption

- Oil takes longer to have an effect than inhalation and topical application methods.
- Results may vary between individuals.
- If you are trying to avoid alcohol, you can choose oils made with vegetable glycerin in stead of tinctures.

* Always consult a doctor or healthcare professional when using CBD.