

CBD Oil Dosage – General Advice to Assess How Much CBD to Take

Even with the wave of states legalizing medical marijuana, many physicians are still reluctant to prescribe cannabinoids because they are not sure what dosages to prescribe. After all, most medical schools never cover CBD Cannabidiol in their pharmacology courses. Medical scientists are just now developing dosing schedules for medical marijuana, medicinal hemp and their extracts, including CBD.

CBD-rich hemp oil comes in various concentrations and forms, including liquid hemp oil, hemp oil as a thick paste, oil in capsules, sublingual tincture drops or sprays, salves for topical use, edibles as in candy or gum and CBD vapor from vaporizers similar to e-cigarettes.

Everyone Is Different

What you will find on this page is meant to be a guideline, a starting point of reference. The fact remains that everyone is in a different place and will react differently to their CBD dosage. As serving size or dosage of CBD differs for each person, **it is best to start small and gradually increase until you experience the desired result.**

CBD Brands Confusing Dosage

CBD oil brands create a lot of confusion for consumers because they all have different standards. Many of them recommend way too much as a “serving” and others recommend too little. Because of this lack of standard during our review of individual CBD products, CBDOilReview.org created the **COR Serving Standard** to make things simple:

CBDOilReivew.org (COR) Serving Standard is 25mg of CBD taken twice a day.

It is also recommended that you try increasing dosage every 3-4 weeks by 25mg until symptom relief. And to decrease amount of CBD with any worsening of symptoms.

CBD Oil Dosing

Concentrations vary between preparations, ranging from 1 mg per dose to hundreds of milligrams. This makes it easy for consumers to get the dosages they need in a form they find easy to use.

CBD Dosages

Mayo Clinic suggests CBD dosages on scientific research, publications, traditional use, or expert opinion. Cannabinoid dosages and duration of treatment depend largely on the disease.

How Much CBD Oil Should I Take?

To increase appetite in cancer patients: 2.5 milligrams of THC by mouth with or without 1 mg of CBD for six weeks

To treat chronic pain: 2.5-20 mg CBD by mouth for an average of 25 days

To treat epilepsy: 200-300 mg of CBD by mouth daily for up to 4.5 months

To treat movement problems associated with Huntington's disease: 10 mg per kilogram of CBD by mouth daily for six weeks

To treat sleep disorders: 40-160 mg CBD by mouth.

To treat multiple sclerosis symptoms: Cannabis plant extracts containing 2.5-120 milligrams of a THC-CBD combination by mouth daily for 2-15 weeks. A mouth spray might contain 2.7 milligrams of THC and 2.5 milligrams of CBD at doses of 2.5-120 milligram for up to eight weeks. Patients typically use eight sprays within any three hours, with a maximum of 48 sprays in any 24-hour period.

To treat schizophrenia: 40-1,280 mg CBD by mouth daily for up to four weeks

To treat glaucoma: a single CBD dose of 20-40 mg under the tongue. Doses greater than 40 mg may actually increase eye pressure.

According to CannLabs, the nation's top full-service testing lab for cannabis products, there is no established lethal CBD dose. Consumers should read product inserts carefully to ensure they are taking the right amount of CBD, and talk to the prescribing physician about any questions or concerns.

How to Use CBD Oil – How to Take CBD Oil

CBD is most commonly taken orally in a concentrated paste or drops/ tincture format. To take CBD oil first hold it under the tongue to be absorbed in the mouth prior to swallowing. This step is important because some of the CBD taken will be broken down by the digestive system. Other oral methods include capsules, mouth strips, and edibles such as chocolate bars. Many people also enjoy using CBD vape oil or CBD eliquid via vaporizers or inhalers as this is a near instant delivery method that can be quite effective. Others use CBD oil by taking it through the skin via lotions, balms, creams or patches. There are many ways to take CBD oil, what matters most is trying a few different approaches and seeing what works. Again, everyone is different.

FDA DISCLAIMER – This product has not been evaluated by the FDA. It is not intended to treat, diagnose, cure or even prevent any disease. Always consult your physician when changing any recommended treatments or medication changes.