

[external frame](#) How Much CBD Should I Take the First Time? Wondering how much CBD to take for the first time? This guide breaks down the factors that affect your ideal dose, helping you find the right amount to start with for maximum benefits and minimal side effects. Figuring out how much CBD, or cannabidiol, to take is more complex than it sounds. While cannabis has been around for forever, [CBD products](#) are relatively new. As a result, [Highline Wellness CBD official site](#) there aren't any evidence-based dosing guidelines yet. Most experts agree that if it's your first time using CBD, starting with the lowest dose and gradually working your way up is the best way to go. Here's a look at what you should know before trying CBD for the first time. For starters, your body weight and individual body chemistry affect how you tolerate CBD. Here are some other factors that play into how much CBD you should use. There are a few different ways to use CBD. [external site](#)

The form matters when it comes to how much you should take, how it's absorbed by your body, and how quickly it takes effect. Doses vary among forms. For [Highline Wellness CBD official site](#) instance, [Highline Wellness CBD official site](#) a standard dose in [CBD gummies](#) is around 5 milligrams (mg) per gummy, while tinctures and oils contain about 1 mg per drop. Capsules and gummies may take longer to kick in than an oil or tincture. People use CBD to treat everything from nausea to arthritis pain. What you're using it for matters when deciding how much you should take. For instance, the Arthritis Foundation recommends starting slow with just a few milligrams of a sublingual form of CBD twice a day and increasing the dose by the same amount after a week if you don't get enough pain relief. That recommendation may not be the same if you're using CBD for another condition. If you're on any other medications, it's important to know exactly how much, if any, CBD you should take.

CBD is usually well tolerated, but there's still limited data on drug interactions. CBD may change the way a drug is metabolized. If you're taking any other medications, speak to your doctor before using CBD. When should it start working? It depends on how you take it. Gummies go through your digestive tract before they're absorbed. By the time this happens, the actual amount of CBD that ends up in your system could be fairly low. Another form, such as a CBD oil that you take sublingually, gets absorbed directly into your bloodstream, meaning it kicks in faster. Should I take more? Re-dosing is one of the most common reasons why people end up taking too much of anything. If you take more too soon, you could end up with unwanted effects. Again, [cbd supplements](#) is generally well tolerated, even at high doses, [Highline Wellness CBD official site](#) but that doesn't mean it's harmless. Start low and [Highline Wellness CBD official site](#) slow, and make sure you give the [Highline Wellness CBD official site](#) ample time to work before taking more.

The general rule of thumb is to take a low dose for about a week before increasing it. How long will it last? In general, the effects of CBD last from 2 to 6 hours, depending on how you use it, how much you use, and your tolerance. This information can help you decide how much to take next time, as well as when to take it. Ready to join the world of CBD? Shop smart: CBD products are largely unregulated in the United States. Mislabeling and poor quality control, including significant discrepancies in strength and undeclared THC, or tetrahydrocannabinol, are an issue. Only shop from trusted, licensed companies. The team at Healthline vets and tests CBD products. Ask a professional: A healthcare professional who knows your medical history is the best person to go to for advice about how much [cbd tincture](#) you take. As knowledgeable as sales staff may be when it comes to [CBD products](#), they aren't healthcare professionals.

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