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How Long Does It Take for CBD Oil to Work?

Monday, November 23, 2020



“Working time” should always be one of your main considerations when choosing a CBD oil product. Without knowing how long a specific CBD oil product will take to start working inside your body, you risk buying one that doesn’t cater to your lifestyle and wellness requirements.

For example, let’s say you intend to use CBD oil’s wellness-promoting properties to mentally prepare for your morning meetings at work. In this scenario, you probably need a fast-acting CBD oil that will start working in a matter of minutes. Without proper research, you might choose a CBD product that ends up kicking in long after your meeting’s over.

Want to avoid these types of scenarios? Check out the two most significant factors that affect the working time of CBD oil below.

How You Take Your CBD Oil

One of the most significant factors in determining how long it takes for CBD oil to begin working inside your body is the method in which you consume it. While more methods of consumption seem to pop up every day, the four main ways to consume CBD oil include:

- Sublinguals (oil and tinctures, applied under the tongue)
- Topicals (creams, lotions, and balms; applied directly to the skin)
- Edibles (gummies, cookies, etc./capsules and tablets, taken orally and ingested)
- Smoking (hemp or high-CBD cannabis flower) and Vaping (hemp or high-CBD cannabis flower, CBD oil)

A general note: remember that everyone’s body is unique when absorbing and reacting to CBD. The best way to find how long it takes to have an effect is to test in small doses and pay attention to how your body reacts. With that said, check out the [guidelines \(https://www.healthline.com/health/how-much-cbd-should-i-take-the-first-time#onset\)](https://www.healthline.com/health/how-much-cbd-should-i-take-the-first-time#onset) below to understand the general rate at which different consumption methods take effect.

Sublingual CBD

Absorption through the mucous membrane under your tongue is far faster than absorption through your regular skin. Sublingual CBD products, like [MyRemede CBD Oil \(https://www.myremede.com/myremedecbdtincture-300mgcbdlemo\)](https://www.myremede.com/myremedecbdtincture-300mgcbdlemo), are among the fastest-acting ways to take CBD. CBD oils and tinctures are also easier to absorb because their ingredients are usually free of the additives you’re likely to encounter in traditional edibles.

Working Time: 15-45 minutes.



Topical CBD

If you’re using topical CBD oil, you’re going to have to wait a little longer before it begins to work. While topical creams, gels, and moisturizers are better than other CBD products for localized application, they can take up to an hour to effectively penetrate your skin.

Working Time: 45-60 minutes.

Edible CBD

The most delicious way to consume CBD is to eat CBD-infused chocolate, treats, and other edibles. However, ingested CBD can take a couple of hours to make its way through your digestive tract and begin working in your body. This may not be a problem for people who throw down a quick CBD snack in the morning before heading out for work. Still, a CBD edible may not be an optimal first choice for those in need of a fast-acting solution.

Working Time: Up to 2 Hours.

Vaping CBD

When vaped, CBD and other cannabinoids go directly to the lungs where they are rapidly absorbed into the bloodstream and circulate throughout the body. Effects are felt shortly after consumption, but they also subside more quickly. Consumers may have to use vape products more frequently throughout the day than they would other CBD products to maintain the desired results.

Working Time: 5-15 minutes.

The Quality of Your CBD Oil

The CBD industry is relatively new, which means regulation is still developing and product quality may vary between brands. The more diluted your CBD oil, the longer it may take to feel its effects, and the weaker the effect is likely to be.



To ensure you only end up with high-quality CBD oil, look for CBD products that come with a Certificate of Analysis (COA) from an accredited lab. A COA will verify that a product contains as much CBD as advertised and that all its ingredients are fit for consumption.

Armed with the information above, you can better choose a CBD product that works when you need it.

For any of the CBD products described above, as well as a Certificate of Analysis with any purchase, be sure to check out [MyRemede full-spectrum CBD-rich hemp extracts \(https://www.myremede.com/products\)](https://www.myremede.com/products) today!

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Products on this site contain a value of 0.3% or less THC.



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