

How Much CBD Oil Should You Take?



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Thanks to growing scientific interest and broader legalization of hemp and CBD across the United States, the wellness-promoting properties of CBD oil are more widely recognized and sought after every day.

One of CBD oil's major selling points is that it's a great way to reap the wellness benefits of the cannabis plant without the intoxicating "high" associated with recreational cannabis use. However, given that it's still quite new to the market, knowing how much CBD oil you should take can be tricky. While CBD companies do their best to provide guidelines for their CBD products, it can still pay to verify these guidelines through your own research and experimentation.

To help you more accurately come up with a CBD dosage that works for your body and wellness needs, take a look at the guidelines below.

Why Proper CBD Dosage is Important

Before incorporating any new food or supplement into your daily routine, you should be mindful of potential side effects. Fortunately, even if you accidentally overshoot your CBD dosage, the risk of adverse effects is very low. Though possible side effects of CBD can include fatigue, diarrhea, change in appetite, and weight change, even large daily doses are generally considered safe for consumption.



But it's important to remember that everyone's body reacts to and absorbs CBD differently. That's why it's best to start with a lower dose, gauge how your body reacts over 2-4 weeks, and slowly work your way up over time. Managing your dosage this way will help you more accurately get a sense of how much to take for the best results and the least side effects.

Prioritizing [CBD products that use clean ingredients \(https://www.myremede.com/myremedecbdtincture-300mgcbdlemon\)](https://www.myremede.com/myremedecbdtincture-300mgcbdlemon) and are accompanied by a Certificate of Analysis (COA) is another way to reduce your chances of adverse effects. A COA from an accredited lab will verify that a product's cannabinoid content matches what is advertised and that it is free of common harmful impurities. Proper accreditation is so important when buying CBD oil because the CBD market is relatively new and regulation is still in development, increasing the potential risk of some products containing low-grade or harmful ingredients.

Finding the Right CBD Dosage

The right CBD dosage depends on several personal factors, including weight, individual body chemistry, and the specific wellness needs you're trying to address with CBD oil. That's why you should always consult a licensed physician when adding CBD to your wellness regimen. Should you encounter difficulty getting a full recommendation from your doctor, it's generally recommended to start as small as possible and gradually work your way up in dosage over time.



If you're experimenting with a CBD oil tincture, you can also begin with half a serving (or half a dropper full) to see how you feel. Most CBD product lines, including [MyRemede CBD \(https://www.myremede.com/products/supplements\)](https://www.myremede.com/products/supplements), offer 10 mg starter sizes in the form of tablets or [softgel capsules \(https://www.myremede.com/myremedecbsoftgel-25mgcbd\)](https://www.myremede.com/myremedecbsoftgel-25mgcbd). Low-dose CBD capsules are a great way to start gauging your reaction to CBD with a consistent, reliable serving size. Regardless of the CBD product you're using, when in doubt, always up your dosage slowly until you achieve the desired effect.

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