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How Long Does CBD Oil Stay in Your System?

Sunday, December 27, 2020



Public fascination with CBD only continues to grow as it becomes more and more popular as a wellness supplement. One of the most frequently asked questions regarding CBD oil is: how long does it stay in your system? To fully answer this question, you first need to understand what CBD is and how it affects the human body.

What Are the Chemical Properties of CBD?

Cannabidiol (CBD) is one of more than 80 different active chemical components in cannabis. Unlike Tetrahydrocannabinol (THC), the most prominent cannabis compound, CBD does not elicit euphoric sensations or intoxicate its user (<https://archives.drugabuse.gov/testimonies/2015/biology-potential-therapeutic-effects-cannabidiol>). Cannabinoids, when ingested, will interact with different receptors in the brain and the body. CB1 receptors (most prominently found in the brain and central nervous system) are attracted to THC, while CB2 receptors (most prominent in the immune and peripheral systems) are attracted to CBD. This is the most commonly accepted explanation for CBD's non-intoxicating wellness effects. CBD may even block intoxicating THC effects by intervening at THC receptor pathways.

There is a substantial amount of anecdotal evidence supporting the therapeutic effects of CBD. During the [2015 Senate Caucus on International Narcotics Control](https://archives.drugabuse.gov/testimonies/2015/biology-potential-therapeutic-effects-cannabidiol) (<https://archives.drugabuse.gov/testimonies/2015/biology-potential-therapeutic-effects-cannabidiol>), the then-Director of the National Institute of Drug Abuse, Nora D. Volkow, highlighted the promising preliminary research conducted regarding CBD's use as a therapeutic instrument. She said that while there isn't enough scientific evidence to support drug approval at the moment, CBD still shows a significant amount of potential therapeutic value. Part of the information she is hoping to obtain from further research is how long CBD's effects last on the human body.

Fortunately, preliminary research does provide some clue as to the duration of CBD's effects and presence in the body.

How Long Does CBD Stay in Your System?

The key factors determining how long CBD will stay in your system include metabolism, dosage, and your chosen consumption method. Though more research is needed to make any conclusive determinations, preliminary studies have drawn helpful results. A [1991 study](https://pubmed.ncbi.nlm.nih.gov/1666917/) (<https://pubmed.ncbi.nlm.nih.gov/1666917/>) found that Huntington's disease patients who were administered 700 mg of CBD daily for six weeks had "virtually undetectable," trace amounts of CBD in their blood after a week. A [2018 review](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6275223/) (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6275223/>) of CBD studies found that the estimated half-life of a daily oral dose of CBD was 2-5 days. Again, these studies don't provide a definite range, but they do seem to indicate that CBD can stay in your system for at least a week, give or take 1-3 days.



How long your body retains CBD also depends on how frequently you use it. Unlike other substances, it is unlikely that one will build a tolerance to CBD. In fact, studies and scientific reviews of CBD oil use suggest long-term use may actually result in "Reverse Tolerance". It is believed that CBD increases the presence of naturally produced endocannabinoids in the body, so as your body adapts to create equilibrium, you require less to get the same effects over time. On the other hand, if you use CBD occasionally, you will have less CBD build-up in your body. This means the ingested substance will likely clear the system sooner, along with its benefits.

It Depends on the Person

While the available information is useful in determining about how long CBD lasts in your system, the answer ultimately varies from person to person. Not only does your body determine how long CBD lasts, it also affects the intensity of its effects. Anything from your BMI to your water levels can determine the duration of CBD in your system. Whether you or not you take CBD with food can also be a factor. Each body and metabolism is unique, so it is almost impossible to accurately predict the duration without a blood test or prior experience.

If you're find out how often you should be using the CBD oil, you should consult your doctor. A medical professional is the best resource for determining CBD dosages and measuring CBD effects.

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