

10 Disadvantages of CBD Vape Pens

One of the conventional ways of using CBD oil is vaping. It is the quickest and most efficient method of using CBD as vaping raises the effectiveness of CBD products. It is also considered to be a less harmful alternative to smoking CBD. While the research is still in its infancy, the questions and doubts are at an all-time high. A few CBD vaping pens can be found at <https://cbdfox.com/collections/cbd-vape-pens/>.



<https://pixabay.com/images/id-5619164/>

What is a CBD Vape Pen?

A vape pen is electric equipment that ignites [CBD e-liquid](#). Vape pens carry a rechargeable battery that powers the coil. When the coil burns, it heats the CBD oil that changes to vapour and inhales in the lungs. Vape pens can not be used with all kinds of CBD oils. The oil need not be too dense and thick for it to be used in CBD vape pens. There are some CBD oils intended particularly for vaping. CBD vape oil is produced only for vaping purposes. They comprise glycerine, propylene glycol, and a CBD extract. Three varieties of devices used for vaping CBD are vape tanks, vape pens, and vaporizers. Vape pens are the most prevalent of the three devices.

Like other usage methods, vaping CBD also has some disadvantages.

10 Disadvantages of CBD vape pens

1. Heavy Metal Contamination

The heat component in the vape pen contains Kanthal, titanium, nickel-chromium alloy, or pure nickel coil. These elements can deliver alloy nanoparticles that will be toxic to the body. Hence, it is more useful to examine the metals employed in the vape pen.

[A study](#) in 2015 proclaimed in the International Journal of Environmental Research and Public Health that “EC use is an unnecessary source of exposure for never-smokers and overall vulnerability to elements from EC application is not anticipated to be of vital health concern for smokers switching to EC use.” While this may not seem unusually frightening, it is worth remarking for those who are contemplating vaping as their principal method of consuming CBD.

2. May Cause Allergies

One of the significant drawbacks of vaping CBD oil is that few individuals may develop nausea, irritation, or headaches. This is chiefly due to the sensitivity to the biochemical present in the CBD vape oil; vegetable glycerine and propylene glycol.

3. Cumulative Expenses

CBD e-liquids vaping requires continuous investments. Despite the vape pen, it will be essential to buy CBD e-liquid. The cost of CBD e-liquid differs from brand to brand. Some brands can be costly, and some can be affordable. Principally, you receive what you pay for when it comes to buying CBD vape juice.

4. CBD Drug Interactions

No matter what method one uses for consuming CBD, cautious of conceivably adverse drug interactions must be kept. One major way that CBD can affect the adequate functioning and absorption of other drugs is by disrupting the cytochrome system in the human body. CBD Oil Review states that Cannabidiol can inhibit the cytochrome P450 system’s ability to metabolize certain drugs, leading to an overall improvement in processing times.”

5. The Health Risks

If you have a pre-existing health state, especially a respiratory disease, inhaling CBD oil can end in nausea and coughing.

[A greater risk](#) includes the use of **dispersing agents** in various types of CBD oils. The extract of CBD oil is usually too viscous for vaporisers, so thinning agents are used to

thin the oil. The analysis found that vaping even little quantities of these mixtures can result in respiratory complexities, including asthma and allergic reactions. When vaping CBD, it's essential to continuously be wary of the procedure you're using and the quantity of e-liquid you are vaping.

One technique to limit consuming propylene polyethylene glycol and glycol or other thinning agents is to inhale dry herb flower vapes. Another safe way to evade additives and thinning agents in your vape commodities is by comparing the ingredients or asking the producer of the product how exactly it's made.

6. Addiction To CBD Vaping

While physicians and researchers have perceived CBD oils as not having addictive properties, as well as being used to correct addiction, the CBD vaping act is an addictive behaviour. A study has found that the maximum number of users will become preoccupied with the act as it is available, discrete and easier than conventional smoking methods.

Much like cigarettes, vaping can become quite addictive. Even when smoking a matter like CBD, which has been confirmed to not be addictive on its own, the very act of inhaling the steam can be exciting.

7. Lack of research

The negatives about vaping CBD is of course the shortage of research and the initial expense of arranging the vape pen and CBD. Vaping should not be regarded as a magic bullet for everyone though. Discovering which method adequately suits you when taking CBD oil is the most remarkable thing. Consult a doctor before making any changes to your daily health routine use.

8. Cuticle Wax – The Hidden Respiratory Danger

You presumably haven't understood much about cuticle wax when investigating CBD vape pens. This involves the hemp plant, which is what most manufacturers use for their CBD products. When someone tries one of these plants as a smoke, it displaces the wax layer. Hence, in hypothesis, the application of a CBD vape pen could create lipid waxes to collect in the lungs. After a few years, this process could cause thickened granulomas. There is currently no clinical research that proves this theory, but it is nevertheless a concern.

9. It takes away more than it gives you

Just like smoking, vaping doesn't cause any advantages. A good way to study it is that vaping does not give anything, or contribute anything positive to your health. And

although vaping is contemplated to be a smart option to help cigarette smokers quit their wearisome addictions, vaping appears with a catch. Not only does it lack advantages to its users, but as stated above, it can display addiction and cause adverse health impacts.

10. Effect on teeth and gums

Vaping seems to have numerous negative impacts on oral health.

For instance, a 2018 study reported that vulnerability to e-cigarette aerosol causes teeth surface to be more prone to generating bacteria. Similarly, [a review in 2014](#) reported that vaping may trigger irritation in the throat, mouth and gums.



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Conclusion

Vaping CBD pens may not be your first preference because the underlying disadvantages and negatives are plenty to ignore. Be it your heart, lungs, mouth, teeth, or throat, vaping CBD pens will always make it worse. Even the [Centers for Disease Control and Prevention \(CDC\) Trusted Source](#) stated that vaping by nicotine can forever harm brain growth in individuals under the age of 25. The scariest thing about CBD vaping pens is that we do not even know the physical effects it causes.

