

CBD Oil: How Do You Pick the Right Potency?

Description

As a general rule, you will quickly discover that you can usually get [CBD hemp oil in three strengths](#), although it is fair to say that with so many different products and labels to select from you could still easily get confused.

It is essential to have a reasonable understanding of the right concentration to use in order to see the best results. Here are some simple tips that should help you work out the right potency level for your specific needs.

If you are just starting out

If you are a bit of a newbie when it comes to using CBD oil it makes a lot of sense to dip your toe in the water with an element of caution and find your way around.

That means starting out with a low dosage so that you can gauge what sort of impact that has on you and whether you might need something stronger next time.

For guidance, the typical CBD oil dosage options are usually either 300mg, 600mg, or 1,000mg.

What you need to discover is how sensitive you are to CBD products. We are all different when it comes to how our body reacts to these products and you might be someone who is naturally more receptive and has a highly active endocannabinoid system.

If that is the case, you may well find that a 300mg dosage will suffice. Your reaction to the dosage is dependent on a number of factors such as your body weight as well as your own body chemistry makeup.

Someone starting out with CBD may typically use about 8-10 drops. A 300mg serving is roughly 20 drops, but most of us won't use a full dose, especially when you are just starting out.

The next step

The next level of dosage can be described as mid-potency and will typically be 600mg.

You will usually progress to this level if you are finding that you are having to take a reasonably large amount of the lower dosage to enjoy the benefits.

This range is where a lot of regular users of CBD oil find themselves staying. It is normally of sufficient strength to help you manage daily pain and keep your anxiety levels at a level you are comfortable with.

If you buy a 600mg bottle of CBD oil this will equate to 20mg per serving.

High potency for specific issues

At the top end of the strength scale for CBD oil, you will find products that are in the 1,000mg range.

Typical ailments and issues that this level of potency will be used for include troublesome sleep issues and muscle problems. It is also considered effective if you are someone who suffers from [migraines](#) or high levels of anxiety.

The majority of users won't have a need to use such a high potency dosage and this is a level you should build up to and consider if you are not getting the desired results with lower potency products.

Contending with daily pain and inflammation would be scenarios where you might consider such a high dosage. However, the 600mg range should help you to cope with moderate levels of stress and discomfort more easily.

The lowest strength CBD oil is primarily designed to promote general wellness and help you manage your health on a basic level.

Now that you know a bit more about the potency levels of CBD oil you should be able to choose the right one for your needs.

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