

How to Take CBD Sublingually

There are several ways to use CBD. It is offered in a variety of forms such as oil, tablets, vapes, rubs, balms and edibles. Whichever format you prefer, CBD oil has a variety of health benefits.

Pathway of CBD

CBD can be absorbed directly into the bloodstream through capillary-rich areas underneath our tongues and along the gums and cheeks. This pathway avoids the first-pass metabolism and is sent directly throughout the body. Peak bloodstream levels — when the effects are strongest — range from 15 to 60 minutes in duration.



How to Take CBD Oil:

- 1 Stand in front of a mirror to help you drop medication in correct area.
- 2 Avoid touching your mouth with the dropper to preserve the oil's quality and prevent bacterial contamination
- 3 Apply a dropperful under your tongue.
- 4 Let the oil absorb for 60 seconds (maximum five minutes), and then swallow.

Pros of Sublingual Consumption

- Easy to use and does not require extra equipment like a vape pen.
- Easy to control the amount being consumed.
- Effects are fast and long lasting.
- Second-fastest method after inhalation (whose effects are immediate). CBD becomes active in your body within 15-60 minutes.

Cons of Sublingual Consumption

- Taste of some oils, look for a full spectrum oil with distillate that improves taste.
- Some CBD tinctures contain alcohol. If you are trying to avoid alcohol, choose oils made with coconut MCT oil.
- Results may vary between individuals.