

A Closer Look at the Various Forms Of CBD Products Koi CBD

The CBD oil market is growing at a great pace and this consistent growth has led to introduction of a variety of products in the market. These days, you can find a huge variety of CBD products in different forms in health food stores as well as online. CBD products are sold in different forms and each of these forms should be used in a different manner.

Here is a list of some of the most common forms of CBD products. Always consult your health care provider before using CBD and don't ignore the directions on the product label.

Oils

If you're searching for the most unprocessed and potent form of CBD, you can't go wrong with CBD oil. CBD oil is derived directly from the stalk, seeds and flowers of the hemp plant. CBD oil is available in different types and the full spectrum CBD oil is the most effective as it contains all the compounds that are found naturally in the plant. In simple terms, it means that it contains cannabinoids, essential oils and terpenes along with a small amount of THC. CBD oil is usually sold in bottles with a dropper allowing the users to ingest the oil by mouth.

Tinctures

It is also a popular way to take CBD as you can easily measure the amount of CBD you are taking just like CBD oil. Alcohol or another solvent is typically used to extract [CBD tincture](#). To use a tincture, you take a dropper and place a few drops in your mouth. Sometimes, carrier oils, fatty oils or natural flavors are also mixed by manufacturers in the tinctures.

Concentrates

CBD concentrates are consumed similar to tinctures by placing the drops under the tongue. However, Concentrates are much stronger. They have high potency which means they are not best for beginners as beginners should always start slow.

Capsules

CBD pills or capsules should be taken with water similar to other capsules. It is one of the most convenient ways to take CBD but you do not get as much control over dosage as with other forms of CBD. Generally, a capsule contains anywhere from 10 to 25 mg of CBD.

Topical Solutions

Some examples of topical solutions include lip balms, salves and lotions. These are designed to provide health benefits for joints, skin and muscles. These get absorbed into the skin through the dermal layers. You can also buy CBD patches. This method of delivery helps in getting the [cannabinoids directly into the bloodstream](#).

Edibles

Edibles are available in many different forms such as baked goods, candies, gums, chocolates and various other types. It is one of the most satisfactory ways of ingesting CBD but it's not easy to figure out the amount of CBD you are taking. In short, the results are inconsistent as the dosage is not known.

Powders

Another way to take [CBD](#) internally is CBD powders. Add the powder to juice, tea, smoothie or water. No fillers are included in the highest quality CBD powders as these contain only natural compounds.

Vape Oil

As the name suggests, it is meant for vaping CBD. It is taken with the help of a vape pen or an e-cigarette and you might experience some side effects when CBD vape oil is heated to a very high temperature. You can also buy CBD wax for dabbing the cannabis compound. This method also requires heating a bit of wax and use of a dabbing pen. Beginners shouldn't use this form of CBD as it delivers a high dosage.

Sprays

Another way to use CBD is sprays. Sprays typically have lower concentration of CBD. However, you should read the label to find the exact dosage but generally users spray it 2 to 3 times in the mouth for a single dosage.