

# PRIMAL botanical

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## CBD Instructions

The most effective way of taking CBD internally is to put the oil under the tongue for a couple of minutes, then swallow. This method, known as sublingual administration, allows a portion of the compounds to be absorbed by the capillaries in the mucous membranes. This bypasses the digestive system and liver, so the compounds reach your bloodstream and interact with the endocannabinoid system within minutes. The remainder is swallowed and slowly digested. This delivery method has the benefit of providing both immediate and long-lasting relief.

To take CBD oil drops sublingually, fill the dropper with the desired amount of oil, and squirt under the tongue (try not to touch the dropper to any part of your mouth!). Let the oil sit there to absorb for a couple of minutes, then swallow. You can also swish it around in your mouth. If you find it difficult to use the dropper, you can squirt your dose into a spoon instead. Alternatively, you can add CBD oil drops to any food or drink. However, CBD and other compounds will then go through the digestive tract, where more will be metabolized by the liver and be unavailable to the body, so you may need to increase your dose. It will also take longer to feel the effects when immediately swallowed.

Remember that oil and water don't mix, so if you try to stir your oil into your coffee, you'll end up with an oily slick at the top. Blending will give you a more appetizing result.

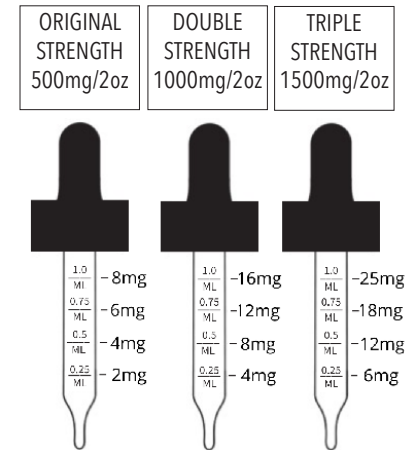
You can also apply CBD oil drops topically to the skin - it's a bit messier than a rub or salve, but will work the same way. Drop the oil into your hand and massage thoroughly into the affected area. Cannabinoids are absorbed very well by the skin because the skin is rich in cannabinoid receptors.

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## CBD Oil Dosage Guidelines

- There is no standard serving size for CBD. Everyone reacts differently to cannabinoids, so you need to figure out what dose works best for you. An effective dose for one person may have no effect on another.
- Start low. Taking more CBD than you need may actually be less effective. This is why starting with a lower dose and working your way up slowly can be beneficial.
- Use it daily. To get the most benefits from CBD, it's important to use it consistently. Taking CBD irregularly is unlikely to be effective.
- Determine the dosage for you. Take it slow. Start with a very small dose, such as 4mg, or even less if you are very sensitive. Stay at this small dose for 2 to 5 days. If you have the positive effects you desire, congratulations! You are one of the lucky ones who respond to a low dose. If you don't notice positive effects within 2 to 5 days, increase your dose by 1-5 milligrams (or as indicated by your health professional). Repeat this step every few days until you find your personal optimal dose. An effective dose may range from 4mg to over 100mg.
- For much more information about CBD dosing, download my free guide here: <https://primalbotanical.com/cbd-dosing-guide>



## About Drug Interactions

CBD interacts with the liver enzymes that metabolize many medications. Taking CBD alongside medications may result in an increase or a decrease of medication available in the body, which could result in an increase in side effects or a loss of efficacy. Spacing your CBD dosage at least two hours apart from your medication is recommended. There have been very few reports of problems due to cannabinoid-drug interactions, but if you take any prescription medications, it's a good idea to talk with your doctor before adding CBD. Some drugs have a higher potential for risk:

- Grapefruit has a similar effect on the liver enzymes as CBD. If you are taking a drug which has a grapefruit warning, consult your doctor before taking CBD.
- Some drugs, such as blood thinners, cancer chemotherapy, and seizure medications, warrant increased caution; for people taking any of these medications, CBD should not be taken without a doctor's approval.