

# High Strength CBD Oil Tincture vs. Low Strength CBD Oil Tinctures

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Shopping for CBD can make you feel like a kid in the candy store, but it can also be confusing, especially when it comes to determining high-strength CBD tinctures from low-strength CBD tinctures.

And it's not made any easier when some CBD sellers label their hemp oils and tinctures with wording that may be unclear, like "purity" or "potency."

The strength of your CBD tincture is a huge part of your selection process, and depends on how much cannabidiol the product contains.

But what exactly is cannabidiol? And how can we deviate low-strength CBD tinctures from high-strength CBD tinctures?

In this shopper's guide, we plan to answer those questions and more.

## What is CBD?

So what exactly is CBD, anyway?

Cannabidiol, or CBD, is a unique compound which comes from both hemp and marijuana plants.

Yes, that means that CBD is found in weed, alongside its relative, THC, the psychoactive cannabinoid known for creating a "high."

However, hemp plants contain little THC, but instead exceptionally high levels of CBD, which won't get you high, but does pose its own benefits.

One of the most common uses of CBD is for alleviating stress. Many individuals have found success in calming their nerves with CBD. In one Brazilian study, for instance, it was shown that 300 mg doses of CBD helped with speech anxiety amongst 60% of subjects.

## **Full Spectrum Hemp Oil (A.K.A. full-spectrum CBD oil, whole hemp oil)**

Full-spectrum hemp oil is just what it sounds like. It's going to provide you with the entire spectrum of cannabinoids; not only CBD, but also CBN, CBG, CBD, along with naturally occurring terpenes that are essential for creating the entourage effect.

Full-spectrum can contain up to .3% THC, but rest assured that's not enough to create any kind of psychoactive effect or high. Plus, full-spectrum hemp oil is legal in all 50 states.

## **Broad Spectrum Hemp Oil (A.K.A. broad-spectrum CBD oil, hemp oil, hemp extract)**

While broad-spectrum hemp oil isn't going to provide all of the cannabinoids, flavonoids, and terpenes, it's still going to deliver a considerable amount, with the added benefit of being THC-free.

While it is recommended by many CBD lovers to buy products with just a little THC, it really is up to the customer whether they want THC in their hemp oil, or if they don't want any at all. And this option is perfect for the latter.

## **CBD isolate (A.K.A. CBD oil, pure CBD oil, hemp oil)**

CBD isolate is just that: pure CBD extracted from the plant, with no other cannabinoids, terpenes or flavonoids. CBD isolates are typically suspended in oil or glycerin, and can be easily incorporated into other products.

# **Determining CBD Strength**

You've probably heard a few times now that it's important to read the label of your CBD product so that you know the dosage, and this sounds pretty simple, right?

If you've ever read a hemp oil or tincture label before, only to be met with confusion, you're not alone.

Because of the different forms that CBD products can take, it can often be difficult to understand its strength. It doesn't make things any easier when the products are not clearly labeled.

Typically, what you'll see with CBD tinctures is the amount of CBD in mg listed per bottle. Keep in mind, the entire bottle, so you're not going to get all of that CBD in one dose. It's also important to

keep the bottle size in mind, as this will be key in determining how much CBD you'll get per dose in your product, as well as the CBD percentage.

Determining the percentage can be quite useful, as it can give you a better understanding of how strong your CBD oil tincture is, whether it's taken in droppers or milliliters.

For instance, a 30 ml bottle of CBD oil may contain 1500 mg CBD, while a 60 ml bottle can also have the same 1500 mg CBD. If we know that a 30 ml bottle of 1500 mg has a strength of 50%, a bottle with double the size would dilute the same amount of CBD by half. So a 60 ml bottle of 1500 mg would be 25%.

While we hope that this will give you a general idea of how to calculate the percentages for your hemp oil, we know it can still be a hassle to determine on your own.

So we broke down our favorite CBD tinctures from low-strength to high strength in this shopper's guide:

## A Shopper's Guide to Potency Levels

### Low Strength (less than 10% CBD)

Looking at the lower end of the spectrum, formulas with lower concentrations of CBD come highly recommended for those new to CBD oil.

Low-strength CBD tinctures are useful for a variety of purposes. For instance, many individuals may have a sensitive endocannabinoid system and might benefit from less CBD, even as they continue to use it. Low-strength CBD tinctures are also well-suited for everyday wellness and managing stress.

JustCBD offers multiple low-strength CBD products.

The [50 mg CBD tincture](#) is easily the lowest-strength dosage, containing roughly 2%. It is perfect for anyone who wants to try CBD, but feels unsure about how it'll affect them. With its mild formula of honey and vegetable-based glycerin, you'll have no problem incorporating it into your wellness routine.

With these liquid tinctures, it's easy to bump up to the [100 mg](#) and [250 mg](#) dosages.

The [Coconut Oil tincture](#) also offers the same set of dosages, with the added benefit of coconut oil. This is an excellent source of medium-chain triglycerides (MCTs) that are excellent for converting into quick, efficient energy as soon as it enters the body.

### Mid Potency (15-30% CBD)

Mid-range strengths, generally around 500-800 mg per 30 ml bottle, are perfect for those who've tried low-strength CBD tinctures, but feel that they're not experiencing the effects.

JustCBD's classic [Liquid Honey Tincture](#) is available in 550 mg per 30 ml bottle, which is about 18% CBD. If you need a CBD tincture with a fatty content for cooking, or seek to enhance your

wellness routine, the [Coconut Oil Tincture](#) is also available at the same dosage.  
550 mg = 18% CBD

## High Potency (30-60% CBD)

High-strength CBD tinctures are generally recommended for those suffering from a lack of sleep and high levels of stress. First-time CBD users are typically advised to work their way up to this strength level.

For experienced CBD users with a need for potent and reliable relief, we recommend trying the Liquid Honey Tincture. It is perfect for slipping into your evening tea or bedtime beverage. The tea comes in strengths of [1000 mg](#) (roughly 33% CBD) and [1500 mg](#) (50% CBD). Meanwhile, the [Coconut Oil Tincture](#) offers its beneficial fatty content and is available in the same dosages.

## Choosing Your CBD

Finding your perfect level of CBD might not be completed in one simple calculation. In fact, it often takes a little trial and error to perfect.

The best potency for you is going to depend on your own needs and qualities. When it comes to tinctures, it's a good rule of thumb to start out with a low-strength. Take the time to observe the way affects your body before making any adjustments.

Whatever CBD strength you choose, make sure that the brand you're getting is reputable, and creates a trustworthy product that's worth your money.

Reputable CBD brands will always list their CBD amounts per product on the label, so that you can get an idea of its strength with just a quick glance. At the same time, trustworthy brands will readily offer a certificate of analysis from an independent lab.

JustCBD always sources its CBD from the best-quality hemp grown by experienced and independent farmers throughout the United States.

To view the lab results for your JustCBD products, click [here](#). If you are looking shop the rest of our [CBD products](#).

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