



CBD Oil Over-Dosage

side effects

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Are there any CBD Oil Over-dosage Side Effects?

CBD Oil is one of the latest trending pharmaceutical products in the market. For some, it is a highly polemic question from an Ethics standpoint due to its origin in the Cannabis sativa plant.

Despite showing promising results for many uses, from pain reliever to treating epilepsy in kids, the CBD still has some way to go through before being fully understood by modern medicine.

In this post, we will show you what is known about the over-dosage side effects of CBD and CBD Oil. If you are thinking about taking it regularly, or if you already do, good thing you came to this post! Keep reading and learn more!

The CBD and its common dosage

CBD stands for cannabidiol, and it is a substance found in the Cannabis plant. They are used today as a natural pain reliever and for other goals, such as improving sleeping quality and fighting psychological disorders.

Research points to fact that the CBD has much to offer to medicine, being able to help a lot of people suffering from conditions like ADHD, epilepsy and chronic pain.

The common dosage for daily takers is around 15 to 20 mg, divided into two or three dosages over the 24 hours. This dosage can vary between people and, since CBD oil can be bought freely in the market, many people self-administer it.

Side effects and over-dosage of CBD



A [study](#) from 2011 has disclosed that CBD is non-toxic for normal cells and does not provoke changes in food intake, catalepsy nor in physiological parameters like heart rate, blood pressure and body temperature.

Further saying, CBD also does not have side effects on gastrointestinal transit, nor does it alter psychomotor or psychological functions negatively.

The 2011 study investigated dosages as high as 1,500 mg per day. This dosage is 75 times greater than the normal recommended dosage for daily takers of cannabidiol.

Normal side effects of CBD can vary the most common being:

- Dryness in the mouth
- Loss of appetite
- Fatigue
- Diarrhoea
- Low blood compression
- Drowsiness

Those side effects, however, are backed by anecdotal evidence. That means the majority of reports come directly from users and not from scientific research. Since CBD still is relatively new for modern medicine, the vast majority of information concerning the substance is backed up this way.

That said, the 2011 research cited that over-dosage (way more above 1,500 mg per day) can present the following side effects:

- Inhibition of hepatic drug metabolism
- Alterations of in vitro cell viability (testes not taken in an actual living organism, but single cells in controlled environments)
- Decreasing fertility capacity

For conclusive data, much more research is needed to settle what are the real risks of CBD high dosages. That said, normal dosages are safe and are taken with ease of mind. Remember to start slow and to stick with a single trusted supplier.



CBD Oil: How much is too much?

Research already has proven that CBD has a lot of positive uses and benefits for our organism, both for psychological and physiological conditions. CBD can help us with anxiety, pain, sleep, mood and inflammation, to say just a few.

However, there is the concern of how much CBD can someone take before she is taking too much. This is especially true when we are talking about CBD Oil, which is the faster and most efficient delivery mechanism for the substance.

In this post, then, we are going to disclose the dosage limits of CBD Oil and its most common side effects for daily users. This information is necessary if you are considering taking CBD daily, so read on!

The dosage limits of CBD

CBD Oil, and other forms of delivery, are legally sold in the open market in the UK and other few countries in the world. Since it is not considered a drug nor a medicament, people can self-administer CBD on themselves without previous prescription.

Physicians tend to recommend a daily dosage of 15 to 20 mg per day, divided into two to three servings. This is the standard start dosage for anyone that wants to take CBD Oil every day.

People can raise the dosage according to their reaction to CBD and the effects they experience. So, it is utmost important to know the limit of how much can some take CBD Oil.

Since studies on the toxicity of CBD are hard to come by, data to establish the over-dosages levels of the compound once for all are scarce. That said, a [study](#) from 2011



has suggested that the toxic level of CBD would fall around 20,000 mg, if taken all at once.

That amount is asymmetrical to the recommended dosages of CBD, being 1,000% higher than the standard recommended daily dosage. Hence, it would take dozens (or even hundreds) of CBD Oil bottles for someone to overdose.

Finally, when taken at recommended doses, or even slightly above that, the average CBD user does not need to worry about taking too much of the substance.

Can CBD be lethal?

The side effects of CBD can vary from drowsiness, diarrhoea, dry mouth, increased fatigue and others, depending on the user. However, death is not on that list.

Unlike many substances, the toxic levels of CBD (20,000 mg according to the aforementioned study) are not considered to be lethal.

Higher levels were found to be lethal only on non-human test-subjects. Since the same study cannot be done with humans, there is no data on the matter, only projections.

That said, there is a consensus among physicians and even health authorities that CBD in extreme dosages can cause lethargy, upset the digestive system, nausea and disorientation. Even those reliable sources do not include death on the list.

Anyway, to be safe when taking CBD Oil, start with smaller dosages and choose carefully a trusted supplier.



CBD Oil side effects: what are the risks?

Cannabidiol is a trending topic in modern medicine. Among many benefits, CBD counts applications as a pain reliever, anti-inflammatory, and to help people suffering from psychological disorders such as anxiety and depression.

That said, much is unknown about this substance, especially the limits and the side effects of its over-dosage. There is a small number of studies on the subject, which tends to be a barrier for its adoption to spread further.

In this post, to counter the scarcity of information we have available, we are going to show you everything you need to know about the risks and downsides of CBD Oil. Then, if you take or are consider doing it, you are in the right place! Keep reading!

The risks of CBD Oil

Any pharmacological product has downsides, which also applies to cannabidiol. However, the side effects only have anecdotal evidence supporting them, which means that information is often brought by the CBD users themselves and does not come from scientific tests and exams.

While there is no research suggesting CBD is a product with many and common side effects, there is a lot of studies stating that CBD is safe to be taken by anyone who is not pregnant or taking any controlled medication.

That said, as noted above, studies and research on the subject are scarce. This can be seen as the number one risk of taking CBD: you are taking a product not 100% understood by scientists and physicians.

Nevertheless, there is enough evidence that concluded the compound is safe to be taken daily. CBD does not present negative effects on the body, on the contrary, it



can help the body to balance many of its functions associated with sleep, mood, immunologic response and inflammation, to say a few.

CBD Oil over-dosage and side effects

As stated, evidence supporting CBD's side effects are anecdotal: they are reported by users and further studies still need to be undertaken to settle the matter.

Even so, if there are people reporting side effects, it is probably because CBD has a different impact on people's organisms. Although this is not fully understood, it is enough to judge that CBD has a small chance of having unexpected effects on you too.

The most common side effects of CBD are:

- Fatigue
- Dry mouth
- Loss of appetite
- Upset stomach
- Diarrhoea
- Drowsiness

As you may see, none of those is severe effects. As for the limits of dosage, studies points that nothing is suggesting high amounts of CBD could be toxic or lethal for humans. To be considered an over-dosage, the serving should surpass 20,000 mg, all taken at once.

Since the recommended dosage of CBD Oil per day is around 20 mg, there is no need to worry about over-dosage limits when considering taking the product.

If you are interested in taking CBD, you can steer clear of any problem only by selecting a trusted and reliable manufacturer and starting with lower dosages until your body gets used to it.