



# CBD Oil Drops

*Hemp Extract (Cannabidiol)*

Hempstil  
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## Introduction

This report covers the Hempstil brand of 5% CBD oil drops (Cannabidiol). This high-quality Hemp extract is among the finest CBD oils in the UK. The tincture is pure, natural, organic, suitable for vegans, vegetarians and is non-GMO.

CBD has a reputation for delivering marked improvements in a range of health issues. For many people, it is now a serious alternative to the traditional remedies on the high street. This product is natural and has virtually no side effects.

## 5% CBD Oil Drops (500mg)

When people are considering their first use of Cannabidiol, they can be overwhelmed by the number of options at their disposal. After selecting the CBD extract, they also have to choose a type of oil and a strength in percentage (%) or milligram (mg). For example, a person may prefer the full spectrum [CBD oil drops](#) in a 5% concentration (500mg). A 5% CBD oil is an ideal starting point for anyone who has not taken this product before. It is strong enough to deal with the vast majority of symptoms and will seldom leave you feeling disappointed.

A 5% CBD oil from Hempstil contains around 500mg of Cannabidiol. The amount of Hemp extract in each drop varies depending on the manufacturer, but in this case, contains 2.5mg of CBD per drop. A typical Hemp oil tincture comes in 10ml bottles with a built-in dropper (pipette) dispenser. This allows accurate dosage of the oil with zero spillage or waste.

There are various ways of taking CBD oil, but the most effective method is sublingual. This means placing the required number of drops under the tongue and allowing the sublingual gland to absorb. If possible, drinking or swallowing with liquid should be avoided. Hemp oil can be added to food & drink, although this method is not quite as effective as sublingual.

A serving of CBD can start working after 20 minutes and the effects may last for up to 6 hours. This is why many brands recommend 3 servings per day. This ensures the level of Cannabidiol in the body is topped up evenly throughout the normal waking hours. The starting dosage should be low and increased as required until achieving relief. Body weight and severity of symptoms are also points to consider for an effective dosage of the CBD.

After taking CBD drops you should feel a calm, relaxed feeling within minutes. This is a soothing experience and certainly not overpowering. For more serious health issues involving chronic pain, relief could occur within a few hours. In some extreme cases, CBD extract may need time to build up in the body before improvements are felt.

The health benefits of taking CBD oil are numerous and seem to be increasing. The most popular ones include pain relief, inflammation, anxiety, depression, mood, stress, sleep, PTSD, heart health, eczema, brain health, ADHD, epilepsy and autism. A 5% CBD

oil could be sufficient to improve the aforementioned health conditions.

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