

## CBD Gummies vs CBD Capsules



There are all kinds of ways to get your CBD dose these days, and while CBD oil tinctures remain the most commonly used form of CBD, let's admit it: it's not the most convenient. On the other hand, [CBD gummies](#) and [CBD capsules](#) are garnering attention as ways to take your CBD on the go with ease.



But between CBD gummies and CBD capsules, what's the difference?

First, let's talk about what makes CBD so great in the first place.

## Benefits of CBD

While CBD's research still has a long way to go, there is evidence that it may help with ailments including anxiety, pain, inflammation, and improve sleep.

This is because when CBD's introduced to the human body, it provokes certain functions in the body leading to a unique synergy that's still not fully understood, but the research we have so far is enough to give us a strong idea.

From current research, we've learned that CBD interacts with the central nervous system, specifically in the endocannabinoid system (ECS), which helps regulate balance in the body with the help of CB1 and CB2 receptors. Our body naturally stimulates these receptors through cannabinoids, and it's been found that CBD, which is a plant-based cannabinoid (phytocannabinoid), does a very similar job.

But don't worry: unlike THC, CBD does not produce the same intoxicating effect.

## CBD for Inflammatory Pain

The bulk of CBD's research is found surrounding its analgesic properties. For instance, a 2010 study published by Future Medicinal Chemistry concluded that CBD has the ability to suppress inflammatory pain, while further research has found that CBD may be a viable treatment for several chronic pain conditions, such as multiple sclerosis (MS).

And this finding is especially exciting because inflammation is not only associated with specific chronic conditions, but plays a role in general everyday discomfort. In other words, CBD may be ideal for a broad range of unpleasant symptoms!

## CBD for Better Focus



Dopamine is key in regulating several facets of our behavior, including memory, motivation, mood, and focus.

## CBD for Promoting a Sense of Calm

CBD may also help promote a sense of calm by helping to manage stress. A growing number of studies have indicated that CBD may be effective in combating PTSD, general anxiety, and social anxiety to name a few. And in a recent literature review, Neurotherapeutics compared 32 different animal-based studies, and 31 of the 32 found CBD to have a potentially positive effect on stress.

## CBD for Sleep

CBD may also help with managing sleep. According to the American Sleep Association, CBD may help restore and rebalance your sleep schedule not only by alleviating stress and anxiety, but also by manipulating parts of the ECS responsible for managing sleep and melatonin production.

But what's the difference between gummies and capsules? Which is the better way to get your CBD?

## CBD Gummies: Pros and Cons

CBD gummies have garnered attention as the fun way to get your CBD.

CBD gummies combine CBD with a tasty, chewy, sweet experience that you can enjoy anywhere with discretion and delight. And when CBD gummy jars are labeled with their clear dosage per gummy, it's easy to get the CBD strength you want without a dropper. Plus, you don't have to down it with a glass of water!

CBD gummies are also great for those who don't enjoy the sharp, bitter taste that often comes with hemp, and they'll get the added bonus of novelty, as many CBD brands are



That being said, it should be noted that current research surrounding CBD is focused on CBD oil, not CBD gummies. On top of that, the FDA has yet to set forth proper regulations, so the strength and purity of CBD gummies on the market are inconsistent.

Because of this, it's always strongly advised that you only purchase from reputable brands that clearly label their CBD gummies for sale, and that they come with a certificate of analysis from a third-party lab.

## Pros:

- Taste great
- Easy to measure
- Convenient & discrete

## Cons:

- Not a lot of research
- Some brands make them inconsistently

# CBD Capsules: Pros and Cons

CBD capsules are easily among the most popular forms of CBD, and this probably has to do with its vast convenience.

CBD capsules come in a variety of forms with a few variations.

One of these variations has to do with their CBD and THC range. And like CBD gummies, you can find CBD capsules containing pure, THC-free [CBD isolate](#), or capsules containing broad to full-spectrum cannabinoids for the entourage effect. Whatever you pick, you can rest assured that your CBD capsules won't contain enough THC to get you high or groggy.

Another main variation is that generally, CBD capsules are available as either hard-shelled capsules or soft gels. The chief difference is between their coating. Both are safe to orally ingest but gelatinous soft gels tend to absorb faster



you can easily incorporate it into your vitamin regimen. Plus, you're avoiding the extra calories and sugar that come with CBD gummies, and because CBD capsules are essentially pills containing slowly-released CBD oil, their bioavailability may be a bit more consistent and reliable, whereas, with CBD gummies, a good portion of the CBD may be digested before it even reaches your bloodstream.

And of course, CBD capsules are completely tasteless and odorless, so if you're someone who's especially sensitive to the taste of CBD, capsules may be the better choice.

Another added benefit you get with CBD capsules is the more precise dosage. Again, you don't need a dropper here, but with CBD capsules, you know exactly how much CBD you're consuming: if you use CBD capsules containing 50 mg of CBD each, you know you're getting 50 mg with each capsule. With gummies, on the other hand, you might not have as consistent a strength with the varying shapes and sizes. And knowing your exact current CBD dosage is crucial to determining the best strength you need.

Like most pills and capsules, however, you'll probably have better results when you take your CBD with a meal, and then wash it down with water, so there is a bit more prep time with CBD capsules than with CBD gummies, and admittedly not as much fun.

## Pros:

- Exact dosage
- Completely flavorless
- May have better bioavailability

## Cons:

- Best when taken with food & water
- Less novelty compared to gummies

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## Our Vision

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JUST CBD is the future of CBD. This truth backed by years of experience in the field. On both the manufacturing of the product and the global distribution on the wholesale and retail ends of it. There may have been brands that came before us. None of them have been able to push through and inspire the culture in the way that we have.

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