



## High Strength CBD Gummies vs. Low Strength CBD Gummies



While the “best form of CBD” is up for debate, we can all agree that gummies might be the most fun. Delicious and chewy, these tasty treats can bring out your inner child, while delivering the top CBD benefits.

When shopping for CBD Gummies, how do you pick the best dosage?





With this shopper's guide, you'll receive a foundation for determining the best CBD dosage for you. After reading this instructional guide, you will feel more confident in exploring CBD Gummies.

## What Are CBD Gummies?



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If you're not a seasoned CBD user, it's helpful to know how gummies work. For starters, CBD can be sold and consumed in numerous ways, from topical creams to oil tinctures, as well as various CBD edibles. CBD Gummies have all the appeal of your favorite childhood snacks, with the benefits of CBD in a broad array of flavors and shapes.

While it may sound counterintuitive to turn to CBD candy for physical and mental relaxation, they can be extremely powerful for helping people manage stress. An individual can depend on CBD isolate, which only contains pure CBD extract. On the other hand, full-spectrum hemp offers all of the naturally occurring cannabinoids.

CBD Gummies also make it easy to enjoy your CBD in easily measured quantities, as each gummy tends to be split into small doses of 10-25 mg CBD, so those who need 250 mg CBD a day could take 10 gummies.

Tasty gummies also make CBD usage simple. After all, there's no mess, no measuring, and no droppers. In other words, they are





# Why Dosage Matters

While there hasn't been any evidence substantiating that one can experience side effects from having too many CBD Gummies, the dosage still matters. Otherwise, the positive effects of CBD may not work.

Determining your ideal dosage can also be tricky, especially when there are no dosages officially recommended by the FDA. Nonetheless, here's what you need to know about choosing the right dosage when shopping for CBD Gummies.

## Low-Strength vs High-Strength: How to Choose the Right CBD Gummy Dosage

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When deciding the appropriate dosage for your daily CBD intake, there are several factors to take into account.

To begin, individuals should take their weight into consideration. For example, heavier folks will likely need higher doses to experience any effect, while smaller users may manage with reduced dosages.

The CBD Gummies' strength should also be considered. This data should be clearly listed on the label. If you're new to CBD, it's generally advised to start with a lower dose in order to watch how your body reacts. If everything goes fine, you can gradually





There is no standard dose for CBD or CBD Gummies. What's suitable for one person may be less appropriate for somebody else. Some studies have indicated that 25 mg of CBD a day may be a good starting point for most individuals. Those who want to start with something milder may try 10-15 mg a day.

Before we show you a more detailed guide on CBD Gummy recommendations based on your needs, there is a general rule of thumb to keep in mind: low-strength CBD Gummies (250-500 mg/jar) are ideal for helping people manage stress. Possessing a peaceful frame of mind improves a person's quality of sleep. That means energy levels and even precious memory skills get better.

Whatever dosage you pick, we are here to provide the CBD edibles you want in a wide variety of flavors. Often described by customers as "seriously too delicious," Just CBD Gummies will make you feel like a kid in the candy shop.

JustCBD's Gummies are available in the following flavors with a range of potencies. This list gives you a guide as to how much CBD is found in each gummy.

**Multicolor Bears:** approx. 10 mg each

**Sour Bears:** approx. 10 mg each

**Apple Rings:** approx. 21 mg each

**Happy Faces:** approx. 7.5 mg each

**Worms:** approx. 25 mg each

**Rainbow Ribbons:** approx. 12.5 mg each

**Sour Worms:** approx. 12.5 mg each

**Peach Rings:** approx. 21 mg each

**Gummy Cherries:** approx. 19 mg each

**Blue Raspberry Rings:** approx. 21 mg each

**Watermelon Rings:** approx. 21 mg each

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## Selecting Your Type of CBD Gummies





Here's a quick reference for selecting your CBD Gummies dosage, based on your specific wants.

Please remember that while many individuals have reported success with CBD, not all experiences will be the same, and results may vary.

If you have any concerns about determining the best CBD dosage for you, talk to your doctor about finding the right dosage.

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## CBD Gummies Dosage for a Better Night's Sleep

CBD is known for its relaxing effects, which comes in handy for experiencing trouble sleeping.



them perfect treats for a nightcap. Otherwise, 40-80 mg may be a good starting point.



You can always build your way up to a higher dose if desired. The [500 mg](#) or [750 mg](#) jars are smart buys for first-time users. JustCBD's [3000 mg](#) jar provide several weeks' worth of high-dosage CBD.

## CBD Gummies Dosage to Destress

CBD merchandise is quickly becoming a popular means of destressing after a long crazy day.

If you feel overly stressed or suffer from stress and need to relax, JustCBD Gummies come highly recommended in jars of [1000 mg](#), as well as [3000 mg](#) containers.

While CBD products for sale that stem from hemp won't provide the euphoria often associated with THC from marijuana, they still promote a positive sense of well-being.

Every user's system is different. That means you might do just fine with a low strength dosage of CBD Gummies, like the [250 mg](#) jar. You will get roughly 20 edibles with about 10 mg each. Of course, the specifics all depend on which CBD edibles you try.

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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.





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