

# CBD HACKER'S GUIDE TO CBD OIL DELIVERY METHODS

*Overwhelmed by the variety of different CBD delivery methods out there?  
We explain five of the most popular ways of consuming CBD oil.*

## CBD OIL DROPS

Oil drops taken sublingually, or held under the tongue, are one of the most popular delivery methods for CBD.

This method allows the oil to be absorbed quickly, so the blood vessels in the mouth can pick it up right away. The downside? Not everyone enjoys the flavor.



## CAPSULES AND SOFTGELS

If you're used to taking over-the-counter drugs in pill form, this method is familiar and foolproof.

But because capsules and softgels go through the digestive system, they may take longer to kick in. On the other hand, the effects can last longer than they do with other methods.



## VAPE LIQUID & FLOWER

Inhalation, whether you're using a vaporizer or smoking CBD-rich hemp flower, is great for cases where you want nearly immediate effects.

That's why folks who suffer from anxiety often prefer inhaled CBD. They can take it as needed, and feel the effects right away.



## TOPICAL & TRANSDERMAL

Transdermal products are made to penetrate the skin and enter the bloodstream for whole-body effects.

Lotions, creams, balms, salves, and other topicals tend to be more ideal for treating localized issues like eczema or acne.



## FOOD & BEVERAGES

You can find a CBD-infused version of dozens of foods and beverages, from gummy candies to coffee.

Many of these products are low in potency, though. If you're looking for effective products, check the label to see how much CBD is included.

