

Why do I feel so good on CBD?

Most people would describe the feeling of taking CBD as calming, both for the body and the mind. CBD settles your thoughts and allows you to focus, but also gently relaxes your body. In short, it chills you out.

Will 25 mg of CBD make me tired?

CBD is known to offer some relief for many sleep-related issues that may prevent restful nights, such as sleep apnea or irregular sleep patterns. However, CBD should not cause grogginess during the day and does not produce a sedative effect.

What are the benefits of 25mg CBD?

It's a relatively low dose (though you can go lower!) but many people still find that it offers relief from symptoms of pain relief, and stress relief and go from there.

What strength CBD gummies should I take for pain?

Most people find that taking 10-20 mg of CBD per day is effective for pain relief. You can take the gummies as needed or regularly for chronic pain.

What do folks take CBD gummies for?

- Pain relief
- Anxiety and stress reduction
- Improved sleep
- Anti-inflammatory properties
- Neuroprotective effects protect the brain from certain conditions or injuries.
- Epilepsy and seizure management
- Nausea and vomiting reduction, esp. in individuals undergoing chemotherapy
- Skin conditions such as acne or eczema

How do I store CBD Gummies and how long are they fresh?

Proper storage of CBD gummies is essential to maintain their freshness, potency, and overall quality:

- Hinkle Hemp Harmony CBD Gummies are made per order and should be consumed within 30 days of opening.
- Keep in a Cool, Dark Place away from direct sunlight and heat. **Refrigerate after opening.**
- Keep Away from Children and Pets
- Use the provided enclosed pen and mark the opening date on the back label.

By following these storage guidelines, you can help extend the shelf life and potency of your CBD gummies, ensuring that you get the best experience when consuming them.

Have Questions?

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Every Hand-Made Hinkle Hemp Harmony Lemon Gummy contains Premium CBD Infused Coconut Oil and is lightly dusted with organic cornstarch, sugar and non-sugar natural sweeteners.

What is the CBD in gummies and will it make me 'high'?

CBD is a non-psychoactive compound derived from the cannabis plant and it will not make you 'high'.

What do CBD gummies make you feel like?

For some, CBD offers relief from pain. Others use it to ease symptoms of stress, depression, and anxiety — without the feeling of being "high." Users describe CBD as bringing a feeling of relaxation and balance.

What time of day should I take CBD gummies for pain?

Current evidence does not suggest there is a best time to take CBD. A person may wish to take CBD in the morning if they want to feel more awake and alert or to help manage their anxiety. Throughout the day, a person may wish to use CBD to treat certain epilepsy seizures or migraine.

What strength of CBD is best for arthritis?

The best strength of CBD oil for joint pain, such as arthritis, is typically anywhere between 25-50mg per day. Start with the lower end of this range and slowly increase the dosage as needed. Everyone responds differently to CBD, so it is important to find the dosage that works best for you.

Does CBD unclog arteries?

Various studies in animals have shown that CBD could improve vasorelaxation, or opening of arteries for better blood flow, as well as reduce inflammation.

Is it healthy to take CBD gummies everyday?

Yes, you can take CBD daily but within limits. You can take too much CBD. One study found that regular consumption of high doses of 1500 mg/day of CBD was well tolerated. This is much higher than people normally consume.

Can CBD be used to lose belly fat?

CBD Oil can help curb our appetite, causing us to eat less, prevent belly fat from building up, or losing some as our dietary habits change.

How long does it take to kick in?

The onset time of CBD gummies varies from 20 minutes to 2 hours or more, depending on the individual. Effects may be subtle and not immediately noticeable. To begin, try a dosage like the 25 mg gummy and gradually adjust as needed until you find your ideal dosage. Even if you've been taking CBD for years, it still has to be absorbed into the bloodstream and can take some time to kick in. If you're new to CBD, you might not experience anything until you've been taking it regularly for several weeks.

What factors impact how quickly CBD effects can be felt?

- Metabolism
- Body Weight
- Digestive Health
- Tolerance
- Individual Sensitivity
- Food Intake

(Scan our QR Code for more detailed information)

Can I overdose? Is it addictive?

CBD (cannabidiol) is considered to have a good safety profile, and it is not associated with fatal overdoses. However, while it's unlikely to overdose on CBD, taking extremely high doses may lead to certain side effects such as drowsiness, dry mouth, diarrhea, or changes in appetite. These side effects are generally mild and subside as the CBD is metabolized by the body.

CBD is a non-intoxicating compound, so it does not produce the euphoric or "high" feeling associated with THC (tetrahydrocannabinol). Additionally, according to the World Health Organization (WHO), CBD exhibits no effects indicative of any abuse or dependence potential.

It's important to note that individual responses to CBD may vary, and some people may be more sensitive to its effects.

As with any supplement or medication, it's always best to start with a low dose and gradually increase if needed while closely monitoring how your body responds.

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