

# Cultural Daily

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## 5 Reasons Why CBD Tinctures Are Better Than Other CBD Products

Our Friends · Thursday, August 6th, 2020

### Outline

1. Easier to consume
2. Faster absorption of CBD
3. You can measure your CBD needs
4. Higher potency than most CBD products
5. Multiple CBD choices to choose from

Ever since the [Farm Bill of 2018](#) passed in December of 2018 by President Trump, the cannabis industry has been growing at an excessive rate. With the legalization of hemp-derived CBD (cannabidiol) in all 50 states within the US, retailers have been hard at work getting creative with CBD products.

There are gummies, tinctures, isolates, infusions, vaping, and more!

So many types of CBD products to reach homeostasis, how is one supposed to find the product that fits their needs? Here's the solution: **Begin with a tincture.**

This article will outline five points that discuss why a CBD tincture is the superior product when set beside every other. Let's first address what a tincture is.

### What is a CBD Tincture?

Tinctures are a CBD product that focuses on losing less CBD oil in the digestive tract. The main benefit of choosing a [CBD tincture](#) is for quicker absorption of CBD (more on this later).

Essentially, a tincture is a liquid mix of CBD oil and a carrier oil, typically MCT oil (medium-chain triglycerides, aka coconut oil). A tincture commonly comes in a darkened glass bottle to protect the oil from UV rays. The process is fairly simple for the extraction of CBD oil and the infusion MCT oil to ensure the lowest processing possible. Of course, this is when it is compared with other products that take significantly more time to produce.

## 5 Ways CBD Tinctures Are Better

### 1. Easier to Consume

There are plenty of ways to take CBD, but the easiest by far (and healthiest) is through taking the oil straight up. No other devices are needed aside from a dropper, which accompanies the tincture bottle.

By placing the tincture product under the tongue (sublingual), it just sits there until the consumer swallows the oil and waits for absorption in the gut and bloodstream.

## 2. Faster Absorption of CBD

For consumers that want to quickly absorb CBD, the best and most efficient way is sublingual. The oil diffuses into the bloodstream through the tissues underneath the tongue, mainly absorbed by the mucous gland which produces saliva.

When CBD oil sits in the mouth under the tongue for a minute or two, it reaches the [endocannabinoid system](#) (ECS) faster.

## 3. You Can Measure Your CBD Needs

Lots of individuals find themselves at a loss when they take CBD in capsule or gummy form. Why? Because those products are *premeasured* with CBD. So, if they need more or less, they can't accurately take the proper dosage.

This isn't the case with a tincture. Since the tincture comes with a dropper that includes measurements for the liquid, you can accurately measure your milligram needs.

## 4. Higher Potency Than Other CBD Products

Tinctures come in a variety of flavors and potencies, but are easier to purchase in higher dosages. Some products will be 300mg in a bottle, while others will be 2,000mg. Other CBD products make it difficult to find the higher milligram quantity some customers are searching for and need.

## 5. Multiple CBD Choices to Choose From

As stated previously, tinctures come in different flavors, but they also come in different *varieties*. Currently, there are 3 types of CBD products available on the market when it comes to oils:

1. Broad-Spectrum
2. Full-Spectrum
3. Isolate

Each has its own benefits and will include minimal to no THC (the drug part of cannabis) content.

When searching for CBD products, tinctures dominate the market for the product that is easiest to take, quickest for results, and the best for proper dosage. But, if you like eating gummies or vaping, that's up to you.

*Photo by [Caleb Simpson](#) on [Unsplash](#)*

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