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What Is the Difference Between CBD Capsules and CBD Oil?

Our Friends · Monday, March 2nd, 2020

For those new to the CBD market, you have probably heard the words CBD oil and CBD capsules mentioned when people talk about CBD. Both oils and capsules are two of the most common ways to take CBD as a supplement. You can find [CBD capsules for sale](#) in most wellness stores and online retailers, such as the popular website, Premium Jane.

Understanding the difference between capsules and oils is essential when trying to decide which one is right for you. Both have their pros and cons, so let's break the two terms down and find out which one is right for you.

What is CBD Oil?

CBD oils are the most versatile form of CBD and are used to create most other CBD products.

At its most basic level, CBD oil is the raw ingredient extracted from cannabis plants. Two main types of oil can be obtained from cannabis plants.

The first is full-spectrum CBD oil, which contains all of the naturally occurring cannabinoids, terpenes, and essential oils found within the plant. Full-spectrum oil is a popular choice for many, as it is thought to be the most natural way to experience CBD.

The second is CBD isolate and contains only the purest CBD, excluding all other cannabinoids. In CBD Isolate, CBD oil undergoes a much more intense extraction process to ensure that the rest of the compounds from within the plant are entirely removed.

Once CBD oil has been extracted, it can then be used to create a range of different products. Oil can also be used in its liquid form, both sublingually and topically.

What are CBD Capsules?

CBD capsules offer a super convenient way to consume CBD while on the go and often pack the same health benefits as CBD oils.

Most brands keep the ingredient list of capsules as short as possible to replicate the effects of CBD oils. Capsules are typically made using a gelatin or glycerin base, which gives the capsules structure while still being comfortable for your body to digest.

Capsules work in a similar way to other medical capsules. They are easy to swallow, and the

capsules enter your digestive system where they are broken down and enter your bloodstream.

The Benefits of CBD Oil over CBD Capsules

The main benefit of using CBD oil is the complete control over dosage and how it you use it. With each bottle of oil containing multiple dosages, you can choose how much you consume at one time. This is perfect for tailoring the exact dosage to suit your health care needs.

Oils are also extremely versatile and can be used in many different ways. Oils can be placed under your tongue and left for 30 seconds to dissolve. For those with a little more time on their hands, oils can be added to your favorite recipes and incorporated into your daily diet. You can also mix oils with terpenes and even cream for complete customization.

The Benefits of CBD Capsules over CBD Oil

CBD capsules guaranteed a precise dosage with each use. When using capsules, you do not have to worry about using your judgment, as the exact CBD content of each capsule has already been pre-determined in a lab by experts.

Another massive benefit of choosing CBD capsules is that they are easy to take with you wherever you go. Typically packaged in compact tubs, they can be thrown into your bag without having to worry about potential leaks or taking up space.

One of the main reasons that people opt for CBD capsules is due to how discreet they are. CBD capsules look the same as other supplements and medical capsules, meaning that you can take them without drawing unwanted attention.

For those who do not like the taste that CBD oil leaves in their mouth, capsules are a great alternative. [Premium Jane](#) CBD capsules, for example, have no flavor so that you do not have to worry about a lingering taste in your mouth for hours after use.

Final Thoughts on the Differences Between CBD Capsules and CBD Oil

CBD capsules and oils provide very similar health benefits and are two of the most natural ways to include CBD in your daily routine. When it comes to choosing the right option to suit your needs, it very much comes down to preference.

If you are someone who needs a super quick and discreet way to take CBD, then capsules are going to be the winner. However, if you are looking for flexibility and have more time on your hands, then CBD oils are going to be the best option.

Photo:  [Kimzy Nanney](#)

This entry was posted on Monday, March 2nd, 2020 at 11:25 am and is filed under [Lifestyle](#), [Sponsored](#)

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