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CBD Oil: Concentration and Number of Drops

What the percentages on the label mean and how to measure precisely

A CBD oil label usually shows a percentage, a volume and sometimes the total amount in milligrams. This overview explains how to convert these figures and how to measure the same amount every time. It contains no recommendation on how much CBD to take: the manufacturer's instructions on the package always take precedence.

Converting percentages to milligrams

- 10 % means 10 g of CBD per 100 g (or 100 ml) of oil, i.e. **100 mg per 1 ml**.
- A 1 ml dropper holds roughly **20 drops**, so one drop is about 0.05 ml.
- Amount of CBD per drop = mg in 1 ml ÷ 20.

Reference chart

Concentration	CBD in 10 ml	CBD in 1 ml	CBD in 1 drop	CBD in 3 drops
5 %	500 mg	50 mg	2.5 mg	7.5 mg
10 %	1,000 mg	100 mg	5 mg	15 mg
15 %	1,500 mg	150 mg	7.5 mg	22.5 mg
20 %	2,000 mg	200 mg	10 mg	30 mg
30 %	3,000 mg	300 mg	15 mg	45 mg

The chart assumes content by volume and a 0.05 ml drop. The actual drop size varies with the dropper and the oil temperature; with weight percentages (w/w) the content is a few per cent lower. The exact figure is on the label and in the certificate of analysis.

How to measure precisely

1. Shake the bottle before use so the contents are mixed.
2. Hold the dropper vertically and let the drops fall freely; do not squeeze the pipette hard.
3. If you need more precision, use a needle-free oral syringe (0.1 ml = about 2 drops).
4. Note down the date, concentration and number of drops. You will see how much you actually use and can easily keep the amount consistent.

General principles

- Follow the recommended use and amount stated by the manufacturer on the package and do not exceed them.
- If the manufacturer gives a range, start at its lower end.
- CBD products are not intended for people under 18 or for pregnant and breastfeeding women.

- If you take medication, talk to a doctor or pharmacist before use. CBD may affect how some medicines work.
- Do not drive after using products containing THC. Even trace amounts may be detected in a test.
- Keep out of the reach of children, in a dark and cool place, with the bottle tightly closed.

> CBD products are not medicinal products and do not replace treatment. If you have any health problems, see a doctor. CBD has not yet been authorised as a novel food in the EU, so the way a specific product may be used is always determined by its label.

This material helps you understand the label information and measure accurately. It contains no health claims or recommendations for use.
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