

The Beginner's Guide to CBD and CBG

A first-timer's primer on hemp extracts, potency, and how to actually take them

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Foreword

If you've never bought a hemp product before, the whole category can feel like a foreign language — CBD, CBG, full-spectrum, sublingual, milligrams that climb into the thousands. This little book is for you: the curious first-timer who wants the basics explained kindly and clearly, without a sales pitch or a wall of jargon.

We make Gold Label CBD oil and CBG-forward Happy Formula blends, and we'll use them as examples. But the goal here isn't to sell you a bottle — it's to make sure that whatever bottle you eventually pick, you understand what's in it and how to use it. A confident beginner makes better choices than a confused one.

Take your time with it. There's no rush, and starting slow is exactly the right instinct with hemp.

Chapter 1 — Meet the Hemp Plant

Everything in this category starts with one plant: hemp, a variety of cannabis grown to be non-intoxicating. Hemp naturally produces dozens of compounds called cannabinoids, plus aromatic compounds called terpenes. CBD and CBG are two of those cannabinoids, and they're the stars of this book.

Crucially, hemp is defined and grown to stay non-psychoactive — it won't get you "high" the way marijuana does. That's the whole point of the legal distinction: under the 2018 Farm Bill, hemp is kept below a strict THC threshold, which is what makes hemp-derived CBD and CBG products broadly available.

So when you pick up a bottle of CBD or CBG oil, you're holding a hemp extract — the useful compounds pulled from the plant and diluted into an oil you can dose. That's the foundation. Everything else is detail.

Field Checklist

- Understand hemp is non-intoxicating by definition
- Know CBD and CBG are two of many cannabinoids
- See a tincture as diluted hemp extract, nothing scarier

Chapter 2 — What CBD Is (and Isn't)

CBD — cannabidiol — is the best-known cannabinoid in hemp and the reason most people arrive here. It's non-psychoactive, meaning it won't intoxicate you, and it's the compound at the center of the wellness conversation around hemp.

It's just as important to say what CBD *isn't*. It isn't a medicine that treats or cures conditions — the FDA does not approve or evaluate over-the-counter CBD products for safety or efficacy, and no honest seller will claim it fixes an ailment. It isn't instant or dramatic for most people; the experience

tends to be subtle and gradual rather than a sudden effect. And it isn't one-size-fits-all; response varies from person to person.

Holding both halves — what CBD is and isn't — keeps your expectations healthy. You're trying a wellness product with a gentle, individual profile, not taking a prescription. That framing will serve you well.

Field Checklist

- Know CBD is non-psychoactive
- Expect subtle, gradual effects, not a dramatic hit
- Avoid any seller who claims CBD cures conditions

Chapter 3 — What CBG Is: The "Mother Cannabinoid"

CBG — cannabigerol — is the second star of this book and a name you'll see less often on shelves. It's sometimes called the "mother cannabinoid" because, in the growing plant, other cannabinoids (including CBD) develop from its acidic precursor. In a young hemp plant, CBG comes first; the others form from it.

For a beginner, the useful point isn't the botany — it's that CBG has its own character, distinct from CBD. People who use CBG-forward blends often describe a brighter, more daytime feel compared to CBD alone. It's not stronger or weaker in some universal sense; it's simply different.

Because CBG is less abundant in the plant than CBD, it's rarer and often blended rather than sold solo. That's exactly what our Happy Formula does, and it's why the next chapter is about combining the two.

Field Checklist

- Recognize CBG as a distinct cannabinoid, not "better CBD"
- Note its reputation for a brighter, daytime character
- Understand it's often blended because it's less abundant

Chapter 4 — Why Blend CBD and CBG

If CBD and CBG each have their own character, why combine them? The short answer is the "entourage effect" — the widely discussed idea that hemp's compounds may work better together than any single one alone. A blend aims to capture that synergy rather than isolating one molecule.

Our Happy Formula pairs CBG with CBD (and CBDV, another minor cannabinoid) across two strengths — a lighter 500mg CBG / 1000mg CBD and a stronger 2000mg CBG / 3000mg CBD. The pairing gives the blend a fuller profile than plain CBD, which is why beginners who find straight CBD a little flat sometimes prefer it.

There's no "correct" answer between a pure CBD oil and a CBG blend. It's a matter of what character suits you. Many beginners try a simple CBD oil first, then explore a blend once they know their baseline. That's a perfectly good way to learn your own preferences.

Field Checklist

- Understand blending aims for the entourage effect
- Consider a CBG blend if plain CBD feels flat
- Try one variable at a time to learn your preference

Chapter 5 — Choosing Your First Potency

Potency is where beginners most often trip. Our Gold Label oils come in four strengths — 1000mg, 2500mg, 5000mg, and 10000mg — and that big number is the *total* CBD in the whole bottle, not the amount in a single drop. More milligrams simply means a more concentrated oil, so you reach a given dose in fewer drops.

For a first-timer, the advice is refreshingly simple: start at the lower end. A 1000mg oil is a gentle, forgiving introduction. You can always step up to a stronger bottle later once you know how your body responds, but you can't un-take a serving that was too big for a beginner.

More is not better; it's just more concentrated. The right first potency is the one that lets you learn gently. Save the 10000mg for later — it's built for experienced users who've already found a larger serving, not for day one.

Field Checklist

- Read the milligram number as total-per-bottle
- Start with a lower potency as a beginner
- Step up only after you know your response

Chapter 6 — How to Take a Tincture Sublingually

Most CBD and CBG oils are tinctures, designed to be taken *sublingually* — under the tongue. The method is simple and it matters. Place your measured drops under your tongue and hold them there for about sixty to ninety seconds before swallowing.

Why the wait? The tissue under your tongue is rich with small blood vessels, so holding the oil there lets some of it absorb more directly, which many find makes it act faster and feel more efficient than simply swallowing it. Swallowing sends it through digestion first, which is slower and less direct.

Start with your measured serving, hold it, then swallow the rest. Take it consistently — ideally around the same time each day — so you can actually judge how it's working. Consistency of method and timing is what turns a random experiment into useful feedback.

Field Checklist

- Hold drops under the tongue for 60–90 seconds
- Understand sublingual absorption is faster than swallowing
- Take it consistently, around the same time daily

Chapter 7 — Your First Two Weeks

The first two weeks are about learning, not chasing a result. Pick one product, one potency, and one time of day, and keep them steady. Changing everything at once makes it impossible to tell what's

doing what.

Keep a simple note — a line a day on how you slept, felt, or focused, whatever goal drew you here. CBD and CBG tend to reveal themselves as gentle trends over days rather than sudden effects, so the note is more honest than memory. After a fair trial, you can decide whether to hold your serving, adjust it slightly, or try a different profile like a CBG blend.

Above all, be patient and be kind to your expectations. You're not looking for a dramatic switch to flip; you're getting acquainted with a subtle wellness product. If it's helping in the quiet way these products tend to, you'll see it in the trend, not the first dropper.

Field Checklist

- Keep product, potency, and timing steady for two weeks
- Jot a daily note to track gentle trends
- Adjust only after a fair, patient trial

Conclusion: Start Simple, Stay Curious

If you remember only a few things from this primer, make them these. Hemp is non-intoxicating. CBD and CBG are two distinct cannabinoids, often blended for a fuller effect. The big milligram number is the whole bottle, so start low and concentrate up only as you learn. Take tinctures under the tongue, hold them, and stay consistent. And expect gentle trends, not dramatic jolts.

That's genuinely most of what a confident beginner needs. Everything else — comparing potencies, exploring blends, reading a Certificate of Analysis — you can grow into once the basics feel natural. There's no exam and no rush.

Start simple with a modest CBD oil, stay curious as you learn your own preferences, and let the experience teach you. Whether your first bottle is one of our Gold Label oils, a Happy Formula blend, or something else entirely, you now know enough to choose it well and use it wisely. That's exactly where a beginner should begin.

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ABOUT THE FOUNDER

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Devin Lockett is the founder and entrepreneur behind this title and the wider BiomedRx family of companies—spanning healthcare technology, wellness, media, and community initiatives. He builds brands focused on quality, service, and independent ownership. Connect and follow his work across the network.