



How Psychoactive Is CBD at Common Experimental Doses?

CBD is generally described as non-intoxicating, but researchers continue to examine whether people can perceive subtle subjective effects at different doses.

A 2026 triple-blind randomized crossover trial gave 70 healthy occasional cannabis users single oral doses of 20, 50, 100 or 200 mg synthetic CBD, or placebo, after a high-fat meal.

Doses of 100 mg or less produced no discernible psychoactive effect. At 200 mg, researchers detected a small increase in a participant-rated “pleasant drug effect” compared with placebo. All adverse events were mild or moderate.

Potential application

The study helps refine what “non-intoxicating” means scientifically. CBD did not behave like THC, and lower doses produced no discernible psychoactive effect in these healthy volunteers. At 200 mg, however, a subtle subjective effect was measurable — a reminder that dose and testing conditions matter even for non-intoxicating cannabinoids.

Reference

Chester LA, Hebert FO, Lachance-Touchette P, et al. Acute behavioural effects of low-dose cannabidiol: a randomised crossover trial in healthy volunteers. *Journal of Psychopharmacology*. 2026. Online ahead of print.

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