

How to Choose the Right Hemp Product for You

By Penn's Choice, May 2025

Your body knows. We're just here to support it.

At Penn's Choice, we grow and craft everything with love—from our Pennsylvania soil straight to your home. But with so many hemp and cannabis products out there, it can be tough to know where to begin.

This guide will walk you through the basics so you can feel confident choosing the **best CBD, CBG, or THC product** for your body, your goals, and your vibe.

Step 1: Choose Your Cannabinoid

Not all hemp compounds are created equal—and that's a good thing. Here's how to match the **right cannabinoid** to your needs:

CBD (Cannabidiol)

Best for: pain, stress, inflammation, sleep

CBD is non-intoxicating and deeply soothing. It helps regulate your nervous system and bring balance to your body. Great for nightly wellness.

CBG (Cannabigerol)

Best for: mood, digestion, stress, inflammation

Known as the "mother of all cannabinoids," CBG offers a calm clarity without drowsiness. It's ideal for daytime focus, gut support, and mellow mood-lifting.

Delta-8 & Delta-9 THC (*Cosmic Candies*)

Best for: euphoria, creativity, deep relaxation, fun

Our hemp-derived THC edibles (yes, they're legal in most states!) offer a light-to-lifted high depending on dose. Cosmic Candies are perfect for unwinding, celebrating, or enhancing your sensory experience.



Step 2: Choose Your Format

We offer several delivery methods depending on how you want to feel and how fast you want to feel it:



Sublingual Oils

- *Best for:* daily wellness, stress, sleep, inflammation
- *Why we love it:* Full spectrum, fast absorption, full-body support, easy to dose
 - **CBD Oil:** best for sleep + calm
 - **CBG Oil:** great for energy + focus

Take a few drops under the tongue, hold for 30 seconds, and swallow. Effects are gentle and steady.



CBD Salves

- *Best for:* sore muscles, achy joints, targeted inflammation, minor skin irritations

- *Why we love it:* No high, just local relief where you need it most. Rub into joints, tension spots, or anywhere that needs extra love.

Crystal-Infused Body Oils

- *Best for:* ritual, self-care, body massage, aligning with the cosmos
- *Why we love it:* These cosmically crafted bath & body oils will bring magic into your daily life. This crystal & essential oil-infused collection is divine for self-massage, as an addition to your bath ritual, or as post-shower skincare. Each one comes with a free intention-setting ritual.

Cosmic Candies Gummies (Delta-8 + Delta-9)

- *Best for:* a euphoric lift, pain management, deep rest, social fun
- *Why we love it:* Delicious, discreet, and just the right buzz. We recommend starting with **½ gummy** if you're new to THC. Wait 1–2 hours before taking more.

Step 3: Finding Your Dose

Everyone's body is different, and finding your perfect dose is part of the journey. A few tips:

- Start low + go slow—especially with THC
- For oils, start with 1 mL (a dropper full), once or twice daily. Choose regular strength if you're new to taking oil, and extra

strength if you know you want extra relief

- For salves, choose regular strength for light to moderate pain and Super Salve for more targeted relief
- For gummies, ½ gummy is usually a good place to start
- Pay attention to how you feel after 30 minutes to 2 hours
- Keep a little journal—or just notice your body's cues



Final Step: Trust Yourself

There's no one-size-fits-all formula for wellness. That's why we grow and craft a variety of options—so you can **listen to your body**, trust your intuition, and create a ritual that's all yours.

You deserve to feel good. You deserve to feel like *you*.



Still unsure?

Shoot us an email at info@pennschoice.com or message us on Instagram [@pennschoice](https://www.instagram.com/pennschoice). We're real people who love helping you heal.



Disclaimer

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Penn's Choice products are not intended to replace professional medical advice, diagnosis, or treatment. You know your body best—trust your intuition and take what works for *you*.