

CBD is an active ingredient derived from the Cannabis Sativa plant. It is the second-most recognized cannabinoid after THC (Tetrahydrocannabinol). However, unlike THC, cannabidiol is not psychoactive, i.e., it does not produce a sense of high when consumed. Scientists have discovered that CBD has various therapeutic properties that can help manage several chronic health conditions in the last few decades.

Manufacturers have produced several CBD-infused products to meet the growing demands of cannabidiol among health enthusiasts, such as CBD capsules, tinctures, oils, and gummies. Some experts also claim that CBD could stimulate serotonin synthesis. This article will explore whether consuming CBD capsules increases serotonin levels and how it is beneficial to your health. You can explore [CBD capsules at CBD.co](https://www.cbd.co/cbd-capsules) if you wish to include them in your daily regime.

CBD is a non-psychoactive, active ingredient extracted from the Cannabis Sativa plant. Experts have found that this cannabinoid has several health benefits. CBD capsules are edible products that contain CBD extracts inside a thick covering and can be consumed to enjoy various therapeutic benefits.

CBD has antimicrobial properties that help combat microbial infections. Also, thanks to its analgesic and anti-inflammatory qualities, CBD can help relieve pain and inflammation associated with different musculoskeletal and neuropathic conditions. CBD has anxiolytic properties too. CBD capsules are also rich in antioxidants which help fight against free radicals in the body and improve our immunity. CBD is also beneficial to our skin and hair health.

How Does Serotonin Levels Affect Our Bodies?

[Serotonin is a chemical generated](#) by nerve cells, made from tryptophan, an essential amino acid. A neurotransmitter transmits signals between different nerve cells to bring about specific actions. Tryptophan deficiency can cause a decrease in serotonin levels. Studies have shown that low serotonin levels can cause anxiety, stress, and depression.

Serotonin affects almost every organ system of the body. It is primarily found in the digestive system and is responsible for controlling bowel movement. Serotonin also plays a crucial role in inducing happiness and regulating mood. It is also responsible for stimulating the part of the brain that induces sleep.

Serotonin is also associated with nauseous feelings. An increase in Serotonin can help decrease nausea and vomiting. Studies have also shown that Serotonin is crucial for blood clotting and wound healing. However, an increased serotonin level in the system may make your bone weaker and lead to osteoporosis. Some experts also claim that a high serotonin level can hurt your libido.

Do CBD Capsules Improve Serotonin Level?

Contrary to popular beliefs, CBD does not increase serotonin synthesis in the body. CBD extracts tweak the brain's chemical receptors' response to the Serotonin already present in the bloodstream. According to some experts, CBD probably slows down the metabolism of Serotonin, thereby making sure that a considerable amount of Serotonin stays in our system for a significant time. Nonetheless, the increased Serotonin in the system can bring about several positive effects.

For Improving Depression and Anxiety

Taking CBD capsules can help reduce stress and help you meet your daily responsibilities with energy and vigor. Scientists have associated low levels of Serotonin with depression and anxiety. Consuming CBD capsules can help [increase the serotonin level](#) and thus help decrease anxiety and depressive behavior. A 2014 animal study indicates that CBD capsules can show anxiolytic and antidepressant effects. CBD capsules might help people cope with Post-traumatic stress disorder, Social anxiety disorder, etc.

For Improving Sleep

Inadequate serotonin levels can also affect your sleep cycle. Research has demonstrated that Serotonin can transform into melatonin, a neurotransmitter responsible for inducing sleep. Low serotonin levels can disrupt melatonin quantity, leading to insomnia. Studies have shown that CBD capsules can help relieve insomnia and induce better sleep.

For Uplifting Mood

Though CBD capsules are not psychoactive, they can affect our mood in other ways. CBD capsules help increase serotonin levels, thereby inducing a sense of calmness and relaxation by soothing nerve cells. As a result, it helps relieve stress and enhance mood.

For Improving Bowel Movement

Increased serotonin levels due to CBD capsule consumption can also benefit bowel health. It can help improve intestinal function and control bowel movement. In addition, CBD capsules also have anti-inflammatory and analgesic properties. It helps relieve intestinal inflammation and reduce pain.

For Managing Nausea

Serotonin levels can affect the brain, [which produces a nauseous feeling](#). An increased level of Serotonin in the bloodstream can help relieve nausea and the urge to vomit. It is beneficial for people dealing with frequent nausea due to the side effects of certain medications or even chemotherapy.

For Better Wound Healing

Our blood platelets release Serotonin to help heal wounds. Using CBD capsules spike the serotonin level in the system, thereby aiding in faster and better wound healing. CBD also has antioxidative properties that play a significant role in promoting wound healing.

Do CBD Capsules Have Any Side Effects?

Though cannabis products have become popular among health enthusiasts, the cannabis industry is not supervised by any government authorized agency. The [Food and Drug Association has also](#) not approved all the CBD-infused products. Thus, people often wonder about the safety and risk profile of CBD capsules. Usually, CBD capsules are the same to consume and are well-tolerated by most people. Some hypersensitive reactions to CBD capsules have also been reported in the past years, especially for people allergic to terpenes and nuts.

Lastly, experts have found that CBD capsules have several therapeutic benefits. It can help relieve pain and inflammation. CBD capsules can be beneficial for managing hypertension and diabetes. Studies have shown that consuming CBD capsules can increase the level of Serotonin in the body. This phenomenon can, in turn, help relieve stress and anxiety, reduce depressive behavior, and improve sleep quality. CBD capsules can also help improve cognitive functions.

Experts suggest that taking CBD capsules in a regulated dosage can help reduce the risk of side effects. However, CBD capsules can cause some adverse effects. Also, CBD can interact adversely with certain medications like corticosteroids, blood thinners, antihistamines, etc. Thus, we recommend consulting your physician before including CBD capsules in your diet.