

CBD OIL DOSAGE GUIDE

OIL STRENGTHS

FULL SPECTRUM CBD

Mild = 500mg (mild symptoms / general wellbeing) - 16.6mg per ml

Standard = 1000mg (mild to moderate) - 33mg per ml

Strong = 2000mg (moderate to severe) - 66mg per ml

Very Strong = 3000mg (severe to chronic) - 100mg per ml

CBD ISOLATE

Standard = 1000mg (mild to moderate / general wellbeing) - 33mg per ml

Strong = 2000mg (moderate to severe) - 66mg per ml

MEASUREMENT

Volume: 30ml (600-720 drops); 1 dropper = 1 ml = 20-24 drops approx

DOSAGE FREQUENCY

2 x per day (Morning and Night)

DOSAGE TIMELINE

Day 1:

Take first dose for 4 days

500 = 5-7 drops (general wellbeing = may be sufficient as a long term supplement)

1000 = 5 drops

2000 = 3 drops

3000 = 2 drops

Day 5-7:

Increase if needed for 1 week; otherwise continue on the same dose if you believe the dose is sufficient.

500 = 10 drops

1000 = 7 drops

2000 = 5 drops

3000 = 4 drops

Week 3 Onwards:

Increase if needed again for the next 2 weeks

500 = May not be necessary, we suggest switching to the 1000mg

1000/2000/3000 = 10 drops

REMEMBER

- Begin at low doses, and gradually build.
- If you are a highly sensitive person, start 1 or 2 drops less than the recommendation.
- Many factors contribute to the overall outcome such as diet, lifestyle, stress, exercise, medical conditions, other medications, digestive system, and genetics.
- **Caution:** CBD can enhance the side effects of other medications, so any CBD dose should be taken with a 2-3 hours gap.

HOW TO APPLY

Place dropper under tongue (mirror is helpful)

Hold for up to 60 sec then swallow

