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## **TotalCBDIndy.com**

# **CBD Dosage Chart**

General daily dosage suggestions based on body weight, symptom severity, and other key wellness factors.

Body Weight	Mild (General wellness, mild anxiety)	Moderate (Chronic pain, inflammation)	Strong (Severe pain, sleep issues)
Under 130 lbs	10-12 mg	13-17 mg	18-20+ mg
130-170 lbs	12-16 mg	17-25 mg	26-30+ mg
170-220 lbs	16-22 mg	25-33 mg	34-40+ mg
Over 220 lbs	20-25 mg	30-40 mg	41-50+ mg

## **Other Important Considerations**

- Product Type
- CBD Oil Tinctures: Faster absorption, best for precise dosing
- Edibles & Capsules: Slower onset, longer-lasting effects
- Topicals: Best for localized relief (no need for systemic dosing)
- Tolerance Level
- New to CBD? Start low (5–10 mg) and gradually increase every 3–5 days.
- Regular users may require higher doses for the same effect.
- Metabolism & Age
- Faster metabolism = quicker processing of CBD
- Older adults may be more sensitive; start lower and increase gradually.

- Gender (Indirect Consideration)
- While not usually used as a direct dosing factor, women may respond differently due to hormonal fluctuations. For conditions like PMS or menopause, start at mild-moderate levels and adjust.

#### Suggested Method: "Start Low and Go Slow"

Always begin with the lowest dose for your weight and symptom category, then increase by 5 mg every few days until you find your "sweet spot."

#### **⚠** Pro Tips

- Take with food: CBD is fat-soluble—taking it with healthy fats may improve absorption.
- Track your dose: Keep a log of your dosage, time of day, and how you feel.
- Consistency matters: CBD works best when taken regularly.