

CBD DOSING RECOMMENDATIONS BY WEIGHT

NOTE: Each CBD Bottle contains a specific mg amount.

All CBD recommended dosing is **weight based**.

It is recommended that **25mg per 100 lbs of body weight 2x daily is a good starting wellness dose.** *



How Much CBD is in your 1mL Dose?		
CBD Concentration	mg of CBD per Bottle	mg of CBD per 1ml (1 dropper)
Low (children's)	250mg	8.3mg
Medium	500mg	16.7mg
Medium	750mg	24.90mg
High	1000mg	33.3mg
High	1500mg	50mg

Recommended Dosing by Weight				
30 mL Bottle	100 lbs	150 lbs	200 lbs	250 lbs+
250mg	10 doses/bottle	6.67 doses/bottle	5 doses/bottle	4 doses/bottle
500mg	20 doses/bottle	13.33 doses/bottle	10 doses/bottle	8 doses/bottle
750mg	30 doses/bottle	20 doses/bottle	15 doses/bottle	12 doses/bottle
1000mg	40 doses/bottle	26.67 doses/bottle	20 doses/bottle	16 doses/bottle
1500mg	60 doses/bottle	40 doses/bottle	30 doses/bottle	24 doses/bottle

HEALTH NOTES: Using CBD is based upon weight. Buying CBD at a higher milligram saves money per dose – it doesn't provide an increased amount of CBD Benefit. These recommendations are a baseline for wellness dosing. Increased dosage can be considered for various health conditions. Discuss dosing with your health care provider.

* <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/is-cbd-safe-and-effective/faq-20446700>