



DAM GOOD CBD DOSAGE GUIDE

CBD does not have an official serving size recommended by the FDA. There will be some trial and error to gauge the proper dose. Depending on the severity of the condition being treated and the individual's body chemistry, an effective dosage can range from a few milligrams or more. Begin with a few small doses over the course of a day. Use the same dose for several days and increase if necessary until desired results are reached.

- ### How To Use:
- **Shake bottle well**
 - **Fill the dropper to desired amount**
 - **Administer oil by dropping under the tongue for 30 seconds**
 - **Use twice a day**



PRODUCTS	FULL DROPPER	3/4 DROPPER	1/2 DROPPER	1/4 DROPPER
1500mg Orange Creme	50mg	37.5mg	25mg	12.5mg
1500mg Guava Strawberry	50mg	37.5mg	25mg	12.5mg
1500mg Peppermint	50mg	37.5mg	25mg	12.5mg

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These statements have not been evaluated by the FDA and are not intended to diagnose, treat or cure any disease. Always check with your physician before starting a new supplement program.