

# CBD Dosage Chart

The standard Daily dosage recommendations is to base your CBD dose on your body weight. The chart calculations below, is so you can find the lowest starting dose for your body weight. Again, these are just general guidelines. Some people need significantly more, while others need significantly less.

Start smaller dosages and work up to desired level. Also, since tiredness is one of the more common effects of CBD. You may choose to split your dose up over the course of the day, so it doesn't affect your alertness, or you may take it in a single dose at night when you're okay with falling asleep. It really comes down to the individual, so be patient with yourself as you work out the best dose for you.

<b>Body Weight</b>	<b>Low (Starting) Dose</b>	<b>Medium Dose</b>	<b>High Dose</b>
100 lbs	10-20 mg	21-49 mg	50-60 mg
110 lbs	11-22 mg	23-54 mg	55-66 mg
120 lbs	12-24 mg	25-59 mg	60-72 mg
130 lbs	13-26 mg	27-64 mg	65-78 mg
140 lbs	14-28 mg	29-69 mg	70-84 mg
150 lbs	15-30 mg	31-74 mg	75-90 mg
160 lbs	16-32 mg	33-79 mg	80-96 mg
170 lbs	17-34 mg	35-84 mg	85-102 mg
180 lbs	18-36 mg	37-89 mg	90-108 mg
190 lbs	19-38 mg	39-94 mg	95-114 mg
200 lbs	20-40 mg	41-99 mg	100-120 mg
210 lbs	21-42 mg	43-104 mg	105-126 mg
220 lbs	22-44 mg	45-109 mg	110-132 mg
230 lbs	23-46 mg	47-114 mg	115-138 mg