

# DOSING GUIDELINES

## For PEOPLE:

If you want to use natural, organic CBD supplements, you may be wondering how to start. At Centered CBD, we suggest first talking to your doctor and then start slowly through microdosing. Work your way up until you find the right balance between maximum benefits and dosage. Several factors may impact optimum dosage (i.e. your weight and height) as well as which Centered CBD product you choose and how you choose to use it (i.e., sublingual, ingestion, rubbing it on, etc.).

Below is a guideline to get you started:

mg CBD per BOTTLE	900 mg	1800 mg	Edibles	Effect
2 mil (2 full droppers)	60 mg (80 drops)	120 mg (80 drops)	100 - 200 mg	May be more therapeutic for supporting cognition, attention, well-being, reduction in migraines, pain and spasms: 100 - 200 mg.
1 mil (full dropper)	30 mg (40 drops)	60 mg (40 drops)	30 - 60 mg	May support decreasing anxiety and depression, stabilize bodily comfort, neuroprotection, reduce inflammation and increase mortality of cancer cells 50 - 75 mg.
.75 mg	22.5 mg (30 drops)	45 mg (30 drops)	22.5 - 45 mg	May promote well being and mental focus and anxiety relief. May help the body's ability to self-repair.
.50 mg	15 mg (20 drops)	30 mg (20 drops)	15 - 30 mg	May help reduce stress, support mental focus and reduce free radicals as well as regulate digestion and other benefits.
.25 mg	7.5 mg (10 drops)	15 mg (10 drops)	3 mg - 15 mg	May support basic antioxidant, brain/nerve functioning, may promote other benefits.
2 drops	1.5 mg	3 mg	1.5 - 3 mg	May support basic antioxidant, brain/nerve functioning, may promote other benefits.
1 drop	.75 mg	1.5 mg	.75 - 1.5 mg	May support basic antioxidant, brain/nerve functioning, may promote other benefits.

Your body does *not* build a tolerance to CBD. There are no withdrawal effects or need to increase dosage. When you find the perfect balance - stick with it.

Enjoy your Centered CBD journey!