



Dosage Suggestions

Effective CBD dosage is different for everyone, and is dependent upon several factors, including weight, health, age, sex, issue that you're taking CBD for, other meds being taken, etc. The common rule of thumb is "start at a lower dose and work your way up". CBD/full-spectrum oil is well tolerated -even at very high doses -in healthy mammals.

With that written, please be aware that we are not giving medical advice. Always discuss supplement usage with your doctor. CBD/full spectrum hemp oil is considered a food supplement at this time, but as with any supplement, one should research for him/herself what one is putting into their body.

CBD can interact with some other medicines and make them less -or more potent. This seems to be particularly true for blood thinners. If you are on other meds, please Google 'drug interactions with CBD' before taking CBD/full-spectrum hemp oils. Discussing med interactions for any supplement with your doctor or pharmacist is recommended.

DOSAGE: Dosage recommendations for adults usually start at 8-10 mg, 1-2 times a day and slowly work your dosage up until symptom(s) is alleviated. Directions are on the bottle as well.

If you received a syringe for more accurate dosing: There are a couple of things to know/keep in mind.

First, 1 cc = 1 ml. You can interchange these units as needed. (sometimes bottles are marked in "cc", sometimes in "ml" or "mL". They are all equal.

The syringe you received with your oil or powder is = 1 cc (ml). It is marked from "0 – 1.0" for accurate dosing, and works very well with the 300 mg CBD/30 cc oil. Each cc – or full syringe, is = 10 mg. So each number marked on the syringe is = 1 mg. In other words, a full syringe = 10 mg of CBD. One half a syringe is marked at the '5' is worth 5 mg of CBD, etc.

Any questions or concerns? Text, call or email us! We'd love to hear from you.

Thank you for your patronage; it is greatly appreciated!

Best of health to you!

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