



# Dosing Guide

Figuring out how to include CBD in your daily routine doesn't need to be complicated. We've put together our comprehensive dosing guide so you can create the perfect routine, find the ideal dose, and truly feel the therapeutic power of hemp.

## Finding Your Ideal Dose:

When it comes to CBD, there really is no "right" dose. Everyone is different and everyone reacts to hemp products differently, which is why creating your routine is an individual process. There is, however, one factor that's universal: **consistency**.

### Consistency:

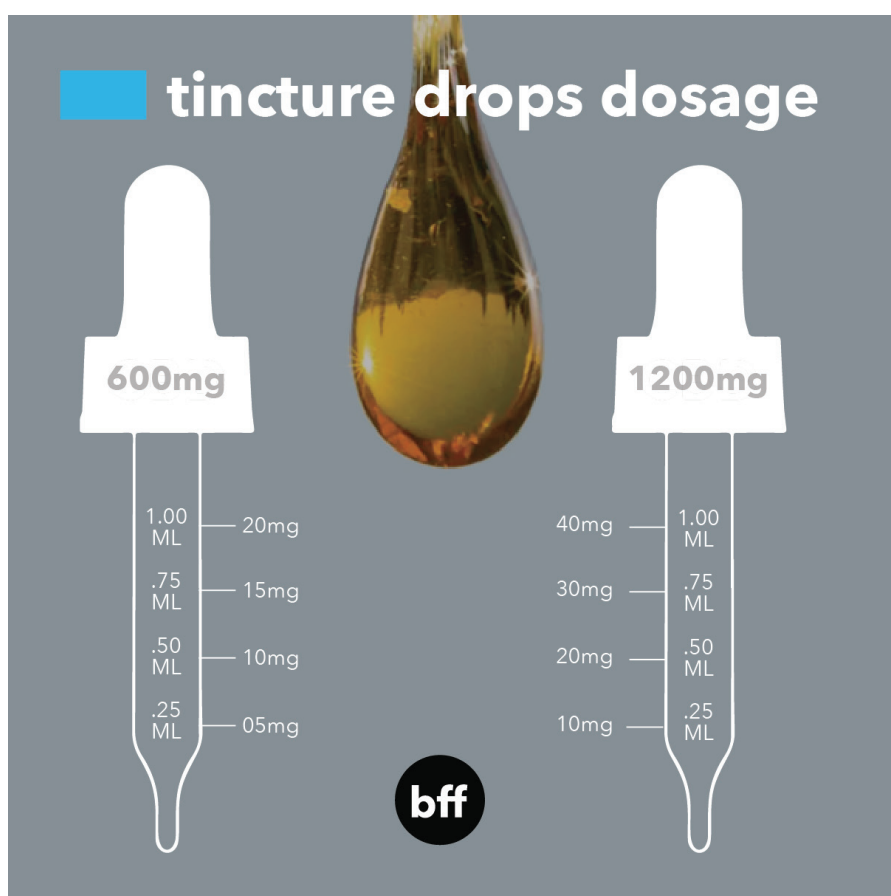
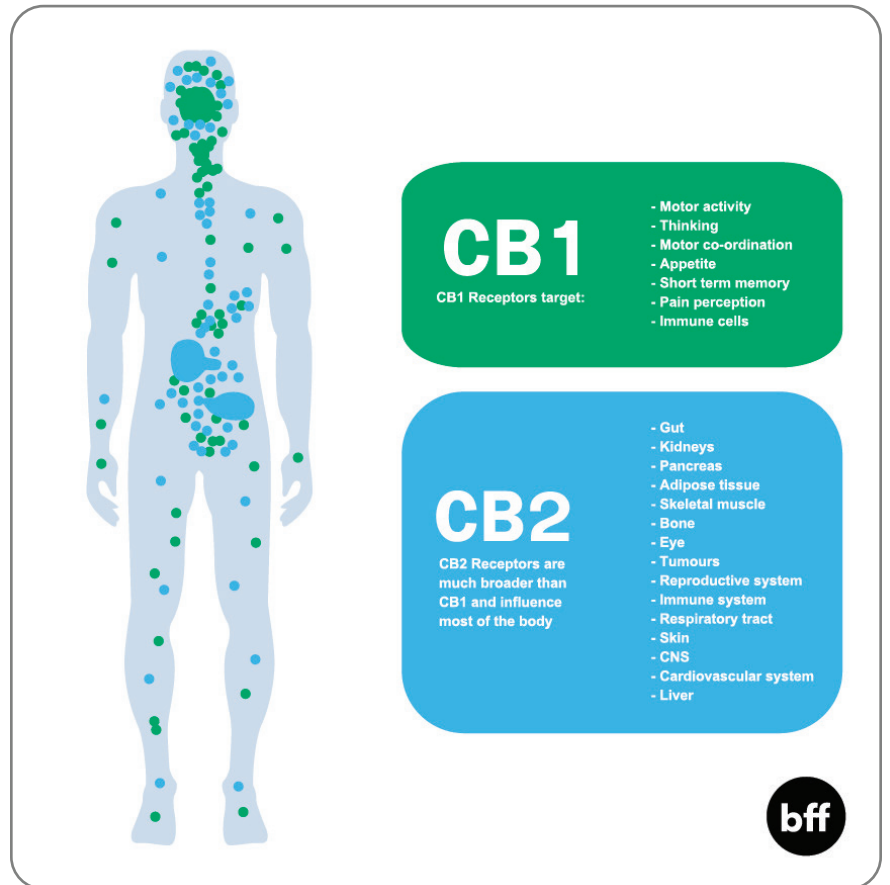
Consistency is key when incorporating hemp or CBD into your routine. By taking these products every day, you're able to maximize hemp's balancing effects and the effectiveness of your body's own endocannabinoid system.

The endocannabinoid system is responsible for regulating many key bodily processes including but not limited to immune function, pain, mood, stress, sleep, and metabolism. Essentially, its main goal is to keep our bodies in balance so that it can function properly. You can restore your endocannabinoid system's natural balance by taking CBD or other cannabinoid products consistently, every day.

### Can I take too much CBD?

There is no need to worry about overdosing, as the toxic dose of CBD is around 20,000 mg and non-lethal, according to researchers. That would be almost 16 bottles of our 1200 mg tinctures all at once!

CBD is personal so what you consider to be too much really depends on your desired effects. That being said, CBD does have the potential to lower blood pressure and interact with other pharmaceuticals so we recommend checking in with your doctor.



### Tinctures:

Tinctures are to be taken orally, and are best absorbed when dropped under the tongue and held for 30-60 seconds before swallowing.

Start by taking ¼ to ½ a dropper orally and increase your dosage as needed. We highly recommend using tinctures throughout the day for a consistent dose of CBD. As a baseline, we suggest starting with 1-3 times per day, increasing as needed. Everyone's bodies respond to CBD differently so the ideal frequency and time of consumption really depend on your desired effects. If you find that your selected tincture produces awakening or drowsy effects, consider limiting use to morning or night respectively.

**03 Full Spectrum 600 mg** - Start by taking ¼ to ½ a dropper (5-10 mg) under your tongue to see how your body reacts. If desired effects are not felt, increase dosage. This oil can be taken morning, night, or throughout the day as symptoms arise, just as long as it's taken daily.

**03 Full Spectrum 1200 mg** - Start by taking ¼ to ½ a dropper (10-20 mg) under your tongue to see how your body reacts. If desired effects are not felt, increase dosage. This oil can be taken morning, night, or throughout the day as symptoms arise, just as long as it's taken daily.

**04 CBDv Advanced Formula 600 mg** - Start by taking ¼ to ½ a dropper (5-10 mg) under your tongue when you're looking for a natural energy boost. We recommend taking your first dose in the morning and then throughout the day as needed. Avoid taking close to bedtime.

**04 CBDv Advanced Formula 1200 mg** - Start by taking ¼ to ½ a dropper (10-20 mg) under your tongue when you're looking for a natural energy boost. We recommend taking your first dose in the morning and then throughout the day as needed. Avoid taking close to bedtime.

**05 Whole Plant Extract 600 mg** - Start by taking ¼ to ½ a dropper (5-10 mg) under your tongue to see how your body reacts. If desired effects are not felt, increase dosage. This oil can be taken morning, night, or throughout the day as symptoms arise, just as long as it's taken daily.

**05 Whole Plant Extract 1200 mg** - Start by taking ¼ to ½ a dropper (10-20 mg) under your tongue to see how your body reacts. If desired effects are not felt, increase dosage. This oil can be taken morning, night, or throughout the day as symptoms arise, just as long as it's taken daily.

**06 CBN Dream formula 600 mg** - Start by taking ¼ to ½ a dropper (5-10 mg) under your tongue before bedtime. Increase dosage as needed. 06 should only be taken at night because of its sedative effects.

### Softgels:

**05 Tree of Life Softgels**- Take 1-2 softgels (15 mg) by mouth daily—morning, night, or throughout the day depending on your desired effects and how your body reacts. They can also be used as an alternative to your pain-reliever of choice.

### Edibles:

**02 Broad Spectrum Gummies**- Take 1-2 gummies throughout the day, as needed.

### Topicals:

**Broadway Balm (1 oz)** - Apply to any area day or night, as needed. Avoid the eye area.

**Broadway Balm (2 oz)** - Apply to any area day or night, as needed. Avoid the eye area.

**Coast to Coast Relief Lotion (1000 mg)** - Apply to any area or the entire body, as needed. Daily use is recommended.

**Light Side of the Moon Face and Body Scrub (400 mg)** - Apply to face and/or body then rinse. Let sit for that extra CBD goodness, making sure to avoid the eye area.

### Pet Goodies:

**05 Full Spectrum Dog Treats** - Do not exceed 5 treats within 24 hours.

- 1-20 lbs.....1-2 per day
- 21-60 lbs..... 2-3 per day
- 60+ lbs..... 3-4 per day

**05 Dog & Cat Tincture** - Start by giving your furry friend ¼-½ a dropper (2.5-5 mg) by mouth daily. Increase dose, as needed.