



DOSAGE GUIDE FOR CBD TINCTURES

1. FIND A RECOMMENDED DOSE

DOSAGE VARIES PER PERSON:

If you don't know how much CBD you should take, you could be using more than you need or not using enough. Although everyone is different, this chart can help point you in the right direction towards an optimal dosage.



WEIGHT (LBS)	25	26-45	46-85	86-150	151-240	240
MILD PAIN LEVEL	5mg	7mg	10mg	15mg	20mg	25mg
MEDIUM PAIN LEVEL	7.5mg	10mg	14mg	18mg	25mg	38mg
SEVERE PAIN LEVEL	10mg	15mg	18mg	22mg	30mg	45mg

2. DETERMINE CBD PER SERVING

KNOW HOW MUCH CBD IS CONSUMED IN A SINGLE SERVING:



= 1mL

A typical serving is equivalent to one full dropper, which holds 1 Milliliter /mL of Oil.



Nutrition Facts

Serving Size: 1mL
Servings/Bottle: 30
CBD Per Serving: 25mg

The amount of CBD (milligrams/mg) per 1mL serving is usually listed on the label of the bottle.

If unavailable, here is a simple formula to determine the mg of CBD per 1mL serving.

***BASED ON A 30ML BOTTLE OF CBD TINCTURE**

$$\frac{\text{TOTAL CBD (mg)}}{\text{BOTTLE SIZE (mL)}} = \text{MG of CBD Per 1mL}$$

EXAMPLE: 750MG BOTTLE ÷ 30ML BOTTLE = 25MG (PER 1ML SERVING)