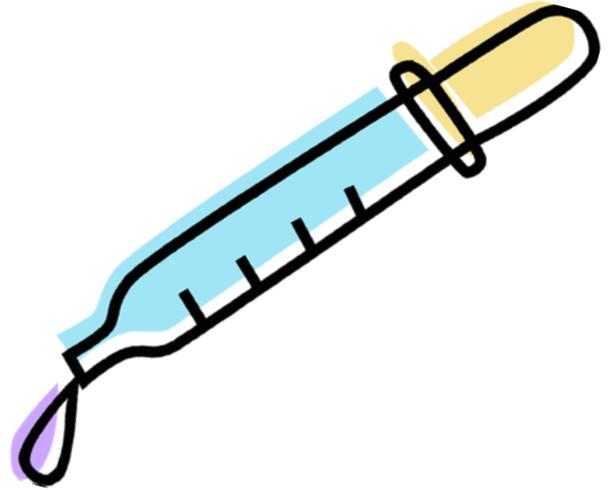


HUMAN DOSAGE GUIDE

What Is CBD Oil?

CBD, or cannabidiol, is a compound found in cannabis and hemp. It is essential to note that in most cases, CBD does not contain enough delta-9-tetrahydrocannabinol (THC) for any psychoactive effects to take place. In fact, most CBD products are derived from hemp (only ~0.3% THC) and not from marijuana.



What are the effects of CBD?

CBD regulates neurotransmitters in your endocannabinoid system which is what makes it effective in pain relief, anxiety relief and many other issues. CBD is also a natural anti-inflammatory.

What Health Problems Can CBD Treat?

The list of things that CBD can help with is a long one but some of the most common ones are chronic pain, anxiety, depression, sleep problems and appetite problems.

Is CBD safe?

A review of the scientific data shows that generally, cannabidiol is considered safe. It has comparatively fewer side effects than most prescription medications and is showing great promise in being a regular treatment for addiction, epilepsy, psychosis and many other ailments that are in much need of a better treatment than is currently available.

Benefits of Sublingual CBD

Sublingual CBD is known for being one of the fastest acting forms of CBD products thanks to the tiny blood vessels located under the tongue. These small vessels, also known as capillaries, carry active ingredients directly to the blood without going through the digestive system. Not only does sublingual absorption make it a faster acting solution, but the sublingual delivery method often absorbs a higher percentage of each dose than that achieved by oral ingestion meaning sublingual CBD is more cost-effective than other methods.

How to Take CBD Oil Drops

As we have mentioned above, CBD sublingual oil must be placed under the tongue for the best results. Once you have determined the right dose for your personal needs, place the desired amount of CBD oil under your tongue and hold it there for 30-90 seconds. This gives CBD and other active ingredients enough time to be absorbed by the capillaries before being swallowed.



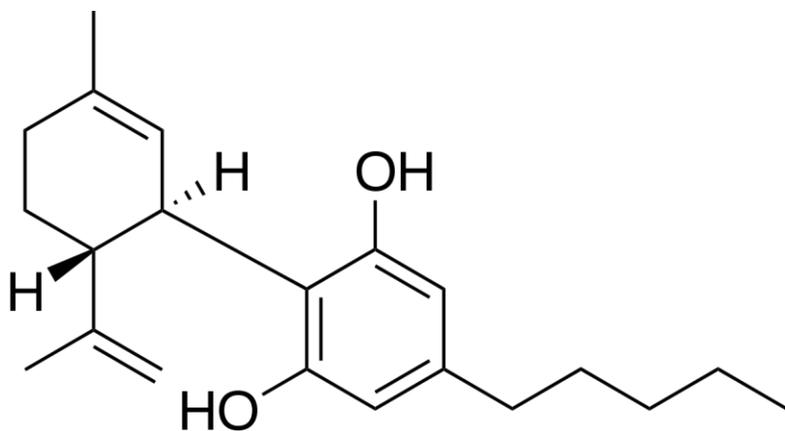
HUMAN DOSAGE GUIDE

The right dose can vary quite a bit depending on your physical make up and what you are treating. CBD can help issues such as; Anxiety, Stress, ADHD, Arthritis, IBS, Cancer, Seizures, addiction, Neurological Disorders, PTSD, Fibromyalgia, Parkinson's, Mood, Memory and more!

CBD does all this by stimulating your endocannabinoid system. Everyone has different amounts of cannabinoid receptors, so you will need to experiment to find the right dose for you. Expect to feel results within 30-60 minutes of ingestion, allow approximately 1-2 weeks for the CBD to build up in the body to feel if the effect is enough for you. If after 2 weeks you do not have your desired effect, it is time to up your dose! Try an extra 5 drops to start and incrementally increase until you feel the best you can.

For best results use daily.

Determining the perfect dose will require experimentation.



To get started:

Shake bottle well

Start with 10 drops per day

Increase by 5 drops if not satisfied after 5-7 days. Continue to slowly increase dose until desired effects are achieved.

Let sit under tongue for minimum of 30 seconds before swallowing

Take 1-2 times per day, or as needed.

1 dropper 30ml/50ml = 10mg
1 dropper 100ml = 25mg

1 dropper = 40 drops

