

# DOSAGE GUIDE

## FOR CBD TINCTURES



### 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.

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

### 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.

THE AMOUNT OF CBD (MILLIGRAMS/MG) PER 1ML SERVING IS USUALLY LISTED ON THE LABEL OF THE BOTTLE.



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

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

