

# HOW TO USE THE TINCTURE



## SHAKE THE BOTTLE WELL

This will ensure that the liquid is properly mixed and will deliver a consistent amount of CBD in each serving



## ADMINISTER UNDER THE TONGUE

Use the dropper to extract and dispense the desired amount of CBD under the tongue and hold for 60-90 seconds before swallowing



## REPEAT AS NECESSARY

Servings can be repeated periodically throughout the day or as needed

