



Suggested Dosing Chart

CBD Oil Tinctures 1st Time Users
Sublingual Only (under the tongue)

		Weight >>				
		86 – 150lb	151 – 240lbs	>240lbs		
Drops	ML per Drop	1000mg Bottle	1500mg Bottle	2000mg Bottle	2500mg Bottle	3000mg Bottle
1	0.05	1.7	2.5	3.3	4.2	5.0
2	0.10	3.3	5.0	6.7	8.3	10.0
3	0.15	5.0	7.5	10.0	12.5	15.0
4	0.20	6.7	10.0	13.3	16.7	20.0
5	0.25	8.4	12.5	16.7	20.9	25.0
6	0.30	10.0	15.0	20.0	25.0	30.0
7	0.35	11.7	17.5	23.3	29.2	35.0
8	0.40	13.4	20.0	26.6	33.4	40.0
9	0.45	15.0	22.5	30.0	37.5	45.0
10	0.50	16.7	25.0	33.3	41.7	50.0
11	0.55	18.4	27.5	36.6	45.9	55.0
12	0.60	20.0	30.0	40.0	50.0	60.0
13	0.65	21.7	32.5	43.3	54.2	65.0
14	0.70	23.4	35.0	46.6	58.4	70.0
15	0.75	25.1	37.5	50.0	62.6	75.0
16	0.80	26.7	40.0	53.3	66.7	80.0
17	0.85	28.4	42.5	56.6	70.9	85.0
18	0.90	30.1	45.0	59.9	75.1	90.0
19	0.95	31.7	47.5	63.3	79.2	95.0
20	1.00	33.4	50.0	66.6	83.4	100.0

A 1ml Eye Dropper has 20 drops. Each drop is .05 ml

MILD

MODERATE

SEVERE

How to use this chart.

1. Find your weight in top row.
2. Suggested first bottle size is shown under the weight
3. Daily dose will be based on your symptom level (right column).
4. Example: If you weigh 150 lbs and symptoms are moderate suggested 1st bottle is 1500mg. Suggested initial daily dose range is between 15mg – 30mg. Start on the low side and work your way up.
5. Suggest splitting daily dose in half taking ½ dose 2x a day.

This chart is for informational purposes only. Please consult with your doctor before adding CBD to your wellness strategy.