



## Suggested Dosing Chart

CBD Oil Tinctures 1<sup>st</sup> 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	
A 1ml Eye Dropper has 40 drops. Each 2 drop is .05 ml	2	0.05	1.7	2.5	3.3	4.2	5.0
	4	0.10	3.3	5.0	6.7	8.3	10.0
	6	0.15	5.0	7.5	10.0	12.5	15.0
	8	0.20	6.7	10.0	13.3	16.7	20.0
	10	0.25	8.4	12.5	16.7	20.9	25.0
	12	0.30	10.0	15.0	20.0	25.0	30.0
	14	0.35	11.7	17.5	23.3	29.2	35.0
	16	0.40	13.4	20.0	26.6	33.4	40.0
	18	0.45	15.0	22.5	30.0	37.5	45.0
	20	0.50	16.7	25.0	33.3	41.7	50.0
	22	0.55	18.4	27.5	36.6	45.9	55.0
	24	0.60	20.0	30.0	40.0	50.0	60.0
	26	0.65	21.7	32.5	43.3	54.2	65.0
	28	0.70	23.4	35.0	46.6	58.4	70.0
	30	0.75	25.1	37.5	50.0	62.6	75.0
	32	0.80	26.7	40.0	53.3	66.7	80.0
	34	0.85	28.4	42.5	56.6	70.9	85.0
	36	0.90	30.1	45.0	59.9	75.1	90.0
	38	0.95	31.7	47.5	63.3	79.2	95.0
	40	1.00	33.4	50.0	66.6	83.4	1

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 1<sup>st</sup> 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.*