



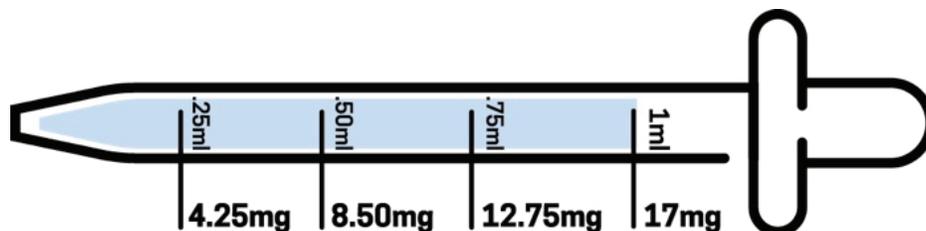
## HOW MUCH TO TAKE?

*The real expert in your CBD regimen is you.*

CBD doesn't have the same effects on every person. Finding your ideal intake is the best way to maximize the benefits you enjoy from Sunjoined products. Start with a small amount, then gradually increase your daily serving size until you experience the results you're looking for.

## SERVING GUIDE

CBD effectiveness can be impacted by various factors, including your height, weight, and what ails you. Age and metabolism will also play a role in determining your ideal CBD regimen. When in doubt, remember: the real expert in your CBD regimen should be you. Start small with the highest quality CBD products available. Then take time to monitor your results. Your body and mind may thank you.



- **17-34 mg** (1-2 droppers) – Most customers report that taking 1-2 droppers has provided them with relief from stress, daily anxiety, and insomnia.
- **25-50 mg** (2-3 droppers) – Each person's endocannabinoid threshold is different. If lower servings don't make you feel your best, try incorporating a higher serving into your regimen.
- **50-100 mg** (3-6 droppers) – If you don't feel your desired effects after 2 weeks, try bumping up your intake. Chances are, you'll feel an improvement.
- **100+ mg** (6+ droppers) – For those suffering from chronic or serious conditions, larger servings may make a difference.



## **WE DIDN'T INVENT HOLISTIC MEDICINE. NATURE DID.**

What is CBD, and more importantly, what does it do? The naturally occurring compound known as "cannabidiol" (CBD) appears to offer many potential therapeutic benefits and is poised to change medicine as we know it today.

### **OUR NUMBER ONE SUPPLIER? NATURE.**

CBD is one of over 113 active compounds known as cannabinoids that are found in the hemp plant. CBD products are made by extracting cannabinoids from hemp. These cannabinoids are believed to interact with receptors found throughout your body's endocannabinoid system.

Using exacting laboratory processes, these cannabinoids can be drawn out in the form of CBD-rich hemp oil. That oil can then be formulated in a variety of ways for the body to absorb or ingest.

### **WHO DOES CBD HELP?**

If you incorporate CBD into your wellness ritual in a meaningful way, there's a good chance it can help improve your quality of life. Every mammal has cannabinoid receptors, which means that you and those you love (including your pets) all stand a chance to experience the myriad of potential wellness benefits that our high-quality CBD products may offer.

### **WHY TAKE CBD?**

Sometimes, the answer is within us all along. At Sunjoined, we believe that's the case when it comes to cannabinoids. Our bodies have a sophisticated ability to heal themselves. CBD harnesses this ability by allowing our naturally existing endocannabinoid system to flourish. For those seeking a natural option to manage insomnia, anxiety, pain, and a myriad of other ailments, CBD could be the answer.

## **HOW DOES CBD WORK?**

*Restore + Repair from the Inside Out*

By interacting with the endocannabinoid neuron receptors in your body's major organs, the cannabinoids in CBD can help change the way your body feels, promoting real benefits and lasting relief and comfort. Research continues to show the many positive ways Onyx + Rose CBD products may interact with the body's endocannabinoid system to reduce pain and swelling, soothe anxiety, and promote a calmer, more enjoyable life.

### **SLEEP**

Studies show that CBD affects many bodily functions, including the sleep-wake cycle, chronic pain, and the racing thoughts of anxiety – all of which can wake cycle, chronic pain, and the racing thoughts of anxiety – all of which can contribute to a night of poor sleep.

### **STRESS + ANXIETY**

Chronic stress and anxiety wreak havoc on your body. Research has shown that CBD may boost signaling through serotonin receptors, which may help restore your body's equilibrium.

### **PAIN**

CB2 receptors are well known for their ability to modulate inflammation. When activated by CBD, these receptors have the ability to help reduce inflammation and pain for some.