



DOSAGE GUIDE

WHAT'S INCLUDED?

- RESOURCES FOR EXPERIENCED AND NEW USERS
- HOW TO FIND YOUR PERFECT DOSAGE
- TRACKING THE "BIPHASIC EFFECT"
- SAMPLE ROUTINES
- INDIVIDUAL SYMPTOM DOSAGING INFORMATION

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Simplified CBD Dosage Guide: Expert Recommendations for Effective CBD Usage

Just like any dietary supplement, determining the right CBD dosage is crucial. Unlike standard vitamin capsules or herbal supplements, there's no universal consensus on the precise CBD amount required to achieve your desired effects.

While there have been only a limited number of human trials – with randomized controlled trials being a rarity (except for severe childhood epilepsy) – much of our knowledge is gleaned from animal and cell experiments.

Though this might seem disheartening, it's not all negative. The growing body of evidence points to the potential therapeutic advantages of CBD products derived from hemp. Despite the challenges posed by determining the perfect CBD dosage, countless CBD users have managed to discover their optimal dose – often without much difficulty.

So, is finding the optimal CBD dosage purely a matter of chance, or does a method exist? The concise answer is "a bit of both." The comprehensive answer, however, is intricate and includes numerous intricacies, making it quite challenging to pinpoint your ideal starting dose.

Considering these factors, let's explore the most effective approach for dosing CBD products.

CBD Oil Dosage: Determining the Right Amount to Take

When it comes to CBD products, CBD oils administered orally are undeniably among the most widely used and established options available. The affordability, convenience, and accuracy of CBD oil make it a standout choice compared to less precise alternatives like CBD flower or vaping.

While each method of consuming CBD has its pros and cons, CBD oil's distinct advantage lies in its precise concentrations and calibrated droppers, making dosing significantly more manageable.

Discovering Your Optimal CBD Dosage

Gaining a thorough understanding of how CBD operates is vital for a rewarding experience. Yet, due to CBD's complex biochemical behavior, pinpointing the perfect CBD dosage can be a challenge.

Biochemistry and genetics significantly shape how CBD interacts with the endocannabinoid system. Several factors, such as age (sensitivity tends to increase with age), gender (women may experience stronger effects), body size/weight (larger individuals might need higher doses), receptor pathways, tolerance (whether natural or acquired), and the type and severity of symptoms, can amplify or diminish sensitivity to CBD.

Given the multitude of variables, creating an exact medical dosing guideline proves to be unfeasible.

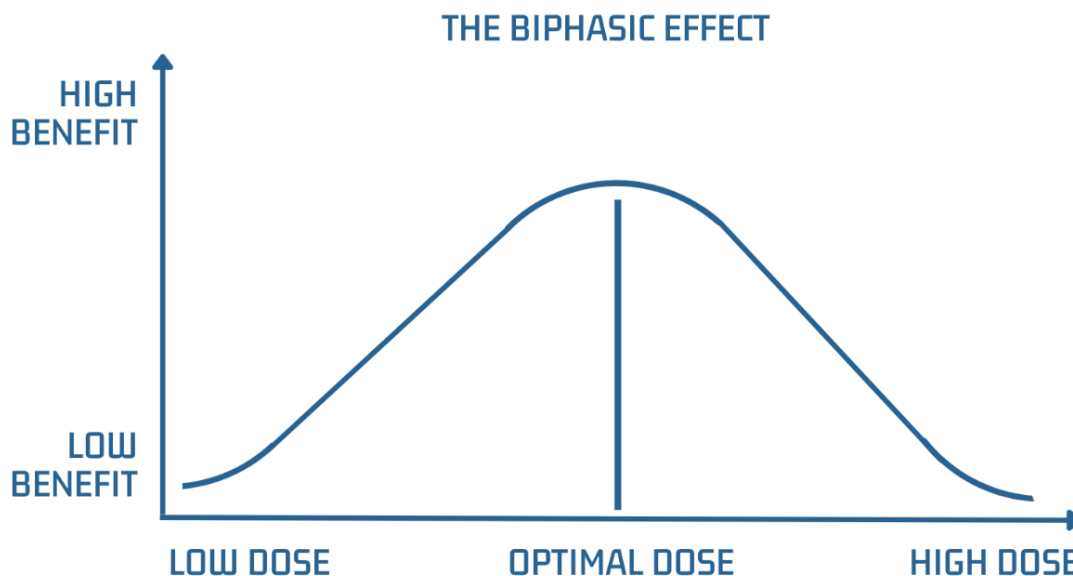
Understanding the Biphasic Effect for Finding Optimal Dosage

It's a common misconception, especially among newcomers to CBD, that higher doses inevitably yield better results. However, CBD defies this logic. While numerous health products exhibit biphasic properties, CBD's behavior adds complexity to determining the ideal dose.

"Biphasic" denotes two distinct phases. What does this imply for establishing the right CBD dosage? In essence, excessive consumption is as ineffective as a meager dose. Consequently, starting with a minimal amount of CBD and gradually increasing it over time is crucial.

It's worth noting that you might be fortunate and swiftly identify your "sweet spot." Yet, for others, achieving noticeable results might take days or even weeks of gradual adjustments. Regardless, the key principle is to commence with a low dose and proceed cautiously.

As illustrated below, the effects of CBD amplify until reaching a certain point. Beyond your optimal dosage, the effects wane, along with the potential therapeutic benefits of your CBD oil.



If you're puzzled by the delayed effects of CBD, consider the biphasic effect as a factor to consider.

Tolerance in CBD Dosage

Frequent users of THC are acquainted with the concept of "tolerance breaks" – periods when even substantial doses no longer yield significant effects. A similar phenomenon applies to CBD. As you incrementally escalate your dosage and locate your "sweet spot," you might discover that this spot loses some of its sweetness over time.

When grappling with tolerance, you have two avenues to explore.

1. **Embrace a Tolerance Break:** When the potency of CBD's effects diminishes, a tolerance break becomes a practical strategy to reset your system. Since your body has adapted to high CBD doses, providing it with a hiatus allows it to recalibrate.

Pause your CBD consumption for a few weeks, then resume as usual.

However, this option might not be viable for those relying on CBD for potential health benefits. Constantly elevating the dose, on the other hand, is a temporary solution that could become financially burdensome.

2. **Trim Your CBD Dosage:** If complete cessation isn't feasible, consider reducing your dosage to levels that were effective in the past. In essence, regress to a nearly initial dose and recommence the titration process. You might soon discover that a lower CBD dose suffices.

The Role of the Entourage Effect

Determining your optimal CBD dosage isn't the sole pivotal objective. The appropriate dosage must stem from the right CBD product. While pure CBD isolate can attain concentrations surpassing 98%, it lacks crucial compounds inherent in hemp extracts – particularly aromatic oily compounds known as "terpenes."

In combination with cannabidiol and other cannabinoids, terpenes form an "entourage effect." This symbiotic interplay defines your CBD product's efficacy and its potential to yield desired effects.

In essence, the quality of your CBD product determines your daily CBD dose. We will delve further into this concept later.

Assessing the Effectiveness of CBD Dosage

CBD's consumption is occasionally linked with a certain "feeling," leading to confusion. However, the absence of a distinct sensation doesn't imply that CBD isn't effective. Paradoxically, CBD isn't about how you feel; it's about how you don't feel. If you observe improvements in your symptoms or experience an enhanced sense of well-being, that's the essence of CBD at work.

Example CBD Dosing Schedule

Here's a provisional dosing guideline to aid your CBD journey:

- **Days 1-3:** 10mg
- **Days 4-5:** 15mg (slightly more effective than 10mg)
- **Day 6:** 20mg (noticeably more effective than 15mg)
- **Day 7:** 20mg
- **Days 8-9:** 25mg (more effective than 20mg)
- **Day 10:** 25mg (slightly less effective than Day 8)
- **Day 11:** 20mg (revert to the optimal dose)



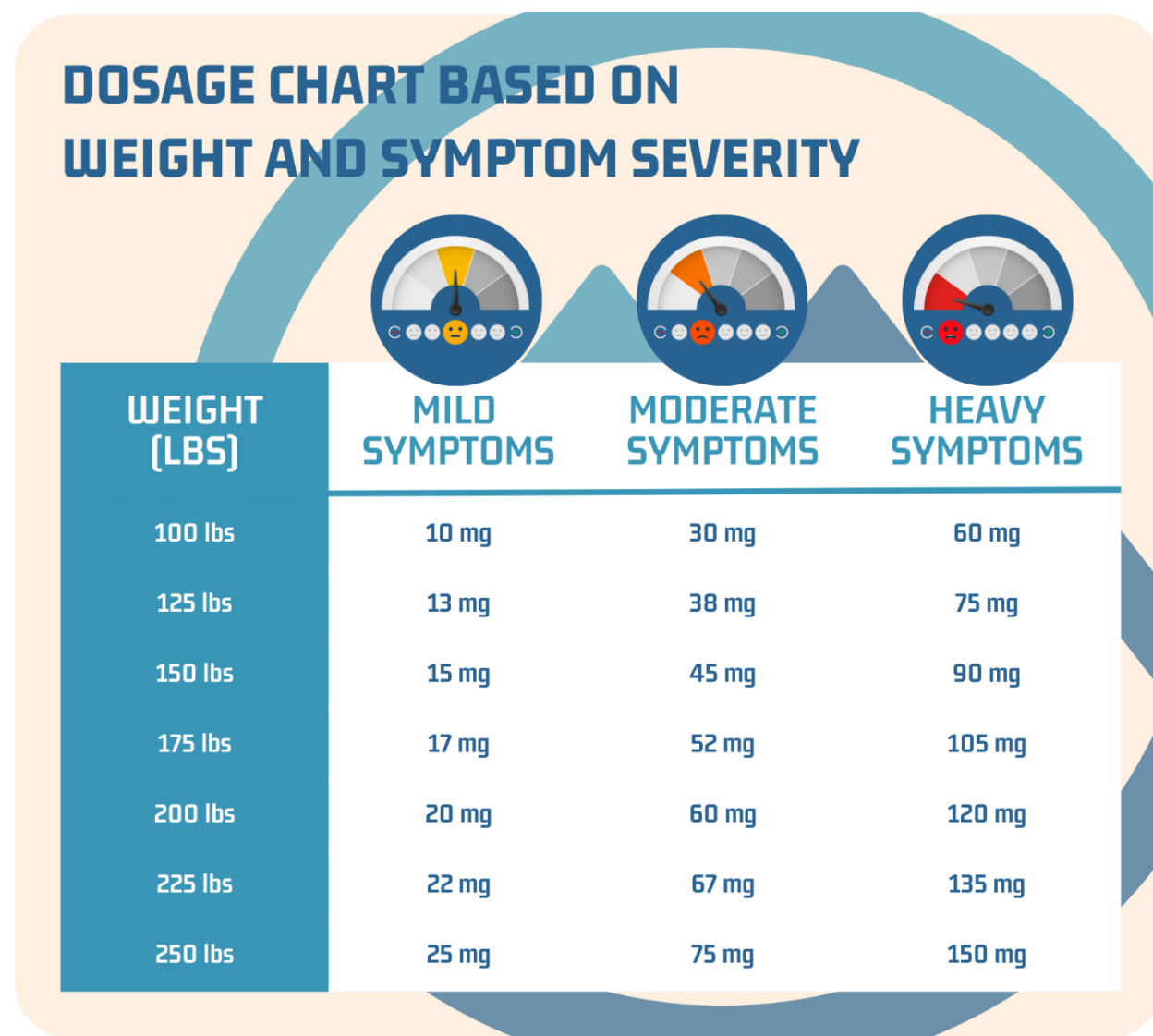
CBD Dosage Chart by Weight & Strength

Refer to the following infographic for CBD dosage guidelines based on body weight. It's important to note that these dosages are approximations, influenced by numerous factors beyond your control.

Our objective is to provide a rough reference point, aiding comprehension of what constitutes a low or high CBD dose. Armed with this information, you can tailor your CBD oil dosage more effectively.

Selecting the Appropriate CBD Oil Potency

The potency of your CBD product should align with the amount of CBD oil (or other constituents) required in each dose. If your CBD dosage is modest, a less concentrated product can suffice. However, if you require larger quantities, opting for a more concentrated product ensures extended longevity.



Adopting the "Start Low and Go Slow" Approach


Due to the myriad unpredictable variables we discussed earlier, attempting to calculate CBD dosage on paper is infeasible.

Hence, the most accurate – and indeed, the only – approach is to embrace the "start low and go slow" method. In simpler terms, begin with a minimal dose, typically around 10-20 mg of CBD, and progressively elevate it as necessary over the span of several days.

START LOW, AND GO SLOW
(10-20MG FOR THE FIRST FEW DAYS)

Breaking Down a Dose of Tincture Oil

Below is an example of how to calculate a dose of oil based on the strength of the product as well as the measurements of the dropper.



DOSAGE CHART BASED ON PRODUCT STRENGTH

AMOUNT OF OIL (ML)	750MG TINCTURE	1500MG TINCTURE
0.25 ml	6.25 mg	12.50 mg
0.50 ml	12.50 mg	25 mg
0.75 ml	18.75 mg	37.50 mg
1.00 ml	25 mg	50 mg



Estimated CBD Dosage Based on Symptoms

Our analysis draws on initial studies and sifts through anecdotal accounts to provide approximate dosages for the following conditions.

Please remember that none of these estimates have been endorsed or verified by the Food and Drug Administration. They also do not serve as a replacement for professional medical advice. If you're considering CBD usage, especially while taking other medications, it's advisable to consult a medical professional.

Anxiety

Many individuals with anxiety disorders claim that CBD oil reduces their anxiety levels. Although this assertion remains to be established, including any precise dosage, Dr. Danial Schechter mentioned to Forbes in 2019 that addressing anxiety with CBD might necessitate between 40-90 mg daily. He emphasizes the "start low and go slow" method.

Depression

Depression, a pervasive mental illness affecting millions globally, raises uncertainties about CBD's effectiveness. Available scientific papers primarily comprise rodent studies and reviews of existing research. Anecdotal data from independent forums and user comments suggest an average dose of 50-100 mg daily might be sufficient, with some reporting even lower amounts.

Chronic Pain

For pain management, Dr. Schechter also recommends the "start low and go slow" approach. Although some might require lower doses, it's common for pain patients to take at least 40 mg. However, pain varies widely. The dose for pain resulting from inflamed knees differs from post-surgical pain. Accordingly, more severe pain symptoms entail higher CBD doses.

Inflammation

Inflammation stems from various causes, from injuries to chronic conditions. For low-level inflammation, as little as 20 mg of CBD oil might suffice. However, severe inflammation could

require over 100 mg. Alternatively, you can opt for topical creams that directly target the inflamed area.

Arthritis

Arthritis, affecting individuals of various ages, is known for discomfort and limitations. While CBD's effectiveness for arthritis varies, average users report relief around 50 mg. For inflammation-based arthritis, topical creams offer targeted relief without the complexities of CBD dosing.

Cancer

Numerous studies explore CBD oil's impact on cancer cells. Promising outcomes were observed in specific cancers, yet these tests were conducted on animals or cultured human cancer cells. No controlled clinical studies support the idea that CBD inhibits or eradicates cancer in human patients. However, higher dosages (easily 100 mg or more) could potentially alleviate severe cancer-related symptoms.

High Blood Pressure

CBD, a vasodilator, expands blood vessels, which can be beneficial for those with high blood pressure. Dosage varies based on severity. For stabilization after a stressful day, 10-20 mg could suffice. Chronic high blood pressure might necessitate doses between 60-90 mg.

Epilepsy

Only epilepsy has undergone full clinical studies with CBD, focusing on severe forms in children. Patients consumed high doses, around 400 mg, with remarkable results. However, the applicability to other forms of epilepsy remains unclear, and certain medications caused liver damage in young patients.

Insomnia

CBD might aid sleep, with users reporting varying results. Some find relief with as little as 15 mg, while others require nearly 100 mg. It's notable that lower-dose users often combine CBD with THC.

Premenstrual Syndrome (PMS)

PMS presents multiple symptoms, and CBD's potential mitigation varies:

- Pain (50-100 mg)
- Depression (50-100 mg)
- Anxiety (40-90 mg)

Muscle Recovery

Post-exercise muscle pain is common, and CBD could assist recovery. A maintenance dose of 20 mg often supports muscles between workouts. Topical creams also provide swift relief.

Please remember that these estimates are approximations. Numerous factors impact CBD dosage, necessitating a personalized approach. Always consult a medical professional for guidance.



Considerations for Determining the Right CBD Dosage

In our previous overview, we touched on the multitude of factors influencing your CBD dose selection. Now, let's delve deeper into how and why these factors affect the amount of CBD you might require.

Age Impact

Age wields a significant influence over both your initial and ideal CBD dosage. As we grow older, our body's efficiency in processing various substances diminishes. Seniors are often on medications that might amplify, diminish, or interfere with CBD effects, leading to complexities.

Seniors should initiate with an extremely low dose of 2 – 2.5 mg and meticulously monitor progress.

Weight Consideration

Weight plays a role in dosage determination for several supplements, including CBD. While bone structure, muscle mass, and body fat contribute to size, body fat notably affects CBD dosage. Since CBD is fat-soluble, it's naturally drawn to body fats. Individuals with substantial body fat require more time for CBD accumulation. Hence, larger individuals might experience a delayed onset of CBD effects.

Tolerance Levels for CBD

Persistently consuming the same supplement or medication can lead to tolerance. This occurs when the body becomes accustomed to the substance, necessitating higher doses for equivalent effects. While increasing a low CBD dose is a short-term option, a more sustainable approach involves scaling back or discontinuing use, then gradually reintroducing it.

Specific Purpose and Severity

The nature and severity of your condition distinctly influence your CBD dose requirement. Stronger symptoms typically demand higher doses, whereas mild cases may respond positively to lower CBD amounts.

Type of CBD Product & Bioavailability

The cannabis plant is intricate, with CBD forming just a fraction of its compounds. We previously addressed the entourage effect and terpenes, highlighting the advantages of a blend of cannabinoids and other plant elements.

However, not all CBD products are equivalent. Full-spectrum and broad-spectrum CBD, for instance, retain plant terpenes. In contrast, isolates solely consist of purified CBD.

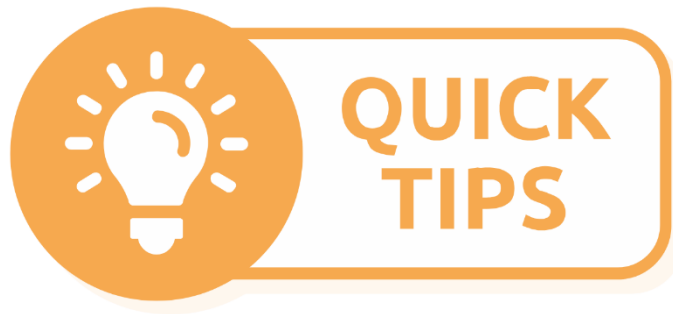
Despite its high CBD content, isolate lacks the potency of full or broad-spectrum CBD oil, lacking the entourage effect. This deficiency may elevate CBD dosage requirements, along with considerably muted benefits.

Bioavailability, representing the CBD portion retained by your body post-metabolism, hinges on the administration method. Vaping boasts the highest bioavailability at 50 – 80%, followed by conventional smoking at 30%, while oils and edibles yield approximately 20% bioavailability.

Individual Body Chemistry

Everyone's body is unique, and responses to CBD vary. Some people achieve desired effects with low CBD doses, others require higher amounts, and certain individuals experience no discernible benefits. This divergence arises from CBD's interaction with diverse pathways within our bodies, affecting the endocannabinoid system indirectly via receptors such as serotonin, GABA, and vanilloid.

Individual body chemistry encompasses receptor concentration and distribution variation among individuals. Metabolism also factors in; swift metabolism leads to faster CBD breakdown and absorption.



Tips for CBD Dosing:

1. **Individual Variation:** Your ideal CBD dosage is individualized and might differ from others'.
2. **Gradual Approach:** Begin with a low dose and incrementally increase it.
3. **Nighttime Testing:** Evaluate CBD's efficacy by trying it before bedtime. Monitor changes in sleep patterns.
4. **Consistency:** Maintain consistent dosing patterns for effective results.
5. **Patience:** Results might manifest immediately or over days or weeks; be patient.
6. **Prioritize Quality:** Choose reputable CBD products, preferably full or broad-spectrum, and backed by third-party tests.
7. **Avoid Assumptions:** More CBD doesn't necessarily equate to enhanced effectiveness due to CBD's biphasic properties.
8. **Consult a Physician:** Consult a medical professional before starting CBD, particularly if you have existing health concerns.
9. **Balance Dosage:** The "Biphasic Effect" illustrates optimal CBD dosage correlation.
10. **Too Much & Too Little:** Both extremes are ineffective; ideal results occur within a balanced range.

Overdosing & Side Effects

CBD DOESN'T CAUSE CONVENTIONAL OVERDOSES. EXCESSIVE DOSES MIGHT RESULT IN MILD DISCOMFORT. SIDE EFFECTS ARE RARE AND INCLUDE APPETITE CHANGES, NAUSEA, DIARRHEA, DROWSINESS, AND DRY MOUTH.



Microdosing CBD

Microdosing, maintaining minimal doses for consistent therapeutic effects, supports general well-being. While beneficial, microdosing might not address specific symptoms. Consult your healthcare provider before implementing CBD.

Microdosing Schedule Example:

- **Day 1-2:** 5mg, 1-2 times per day
- **Day 3-5:** 7.5-10mg, 1-2 times per day
- **Day 6-7:** 10-15mg, 1-2 times per day
- **Day 8-10:** 15-20mg, 1-2 times per day

Wrapping Up: Determining Your CBD Dosage

It might appear as though we've taken quite a journey only to reach the conclusion of uncertainty. Admittedly, the reality is just that - we don't possess a definitive answer. Can we derive dosage insights from customer anecdotes and scattered studies? Indeed, to a certain extent.

However, until a consistent dosing equation emerges, utilizing CBD for therapy might feel like taking a chance in the dark.

As our understanding deepens, so does the enigma. With each research paper, study, or personal account, the complexity of the subject grows. Will CBD dosing ever transform into an exact science? Time holds that answer. Presently, CBD exploration appears to mirror the dosing approach: gradual and meticulous.

More Inquiries About CBD Dosage?

Queries regarding CBD dosage and its usage are commonplace, especially among newcomers. We're here to assist. You can reach us at (833) 766-8151, use the chat feature at the bottom right, or send an email to support@pursuitcbd.shop. Whatever you seek – guidance or answers – we're at your service.

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