

# HOW MUCH CBD SHOULD I TAKE?

*How to find the correct amount for you and your pets.*



Getting started on a regimen of CBD/Hemp supplements can be confusing. CBD websites post a variety of guides on the appropriate amount to take, but there is no published guide or study that has the correct amount for each individual or for various ailments. It would not make sense for a 100 pound person to take the same amount as a person weighing 200 pounds.

**EVERYONE IS DIFFERENT IN THEIR RESPONSE TO CBD. THE KEY IS TO DETERMINE WHAT WORKS BEST FOR YOU AND STICK WITH IT.**

**If you are new to CBD, here are some tips to help you get started:**

1. Determine a starting amount, then increase your amount and frequency until you find what works for you. Some people respond quicker than others, and the effect is usually gradual. Don't give up!
  2. Initially, we suggest using the tincture oil drops over gummies or softgels because hemp-derived CBD enters the body quicker.
  3. When taking the tinctures, place the drops under your tongue and hold in mouth for 60 seconds before swallowing. To avoid contamination, do not touch dropper to mouth.
  4. Begin with a lower amount, then increase every few days as needed to determine optimal amount to take.
  5. Some people notice a benefit right away while others take a few days or even a couple of weeks to feel a difference.
  6. If you notice an immediate benefit, then you might be able to reduce the amount or the frequency.
  7. If the amount does not seem to work, we suggest gradually increasing it and your frequency of use. In many instances, this will make a difference.
  8. The effect of CBD may be gradual. When taking it regularly, you may not notice a difference as it can be subtle. If you don't feel any relief, try stopping for a few days to see if you notice any changes. Again, CBD is different for everyone. Vary your amount and frequency and you'll likely get the results you're looking for.
  9. If you have stepped up to a 50mg serving 2-3 times per day and it does not seem to work, you may need to increase the serving size.
  10. Take your CBD daily like you would any other supplement. Unlike most other supplements, you'll need to adjust your serving and frequency until you find what works for you.
- \* **Always consult a physician before using CBD or if are concerned about any health issue, diagnosis or treatment.**

## USAGE GUIDE

The average recommended serving for **each of our** tinctures is one dropper in your preferred concentration or one softgel or gummy by mouth up to 3 times per day depending on your needs.

Based on our experience, there are several things to consider when determining your starting amount:

1. Body weight
2. Level of desired effect
3. Concentration of CBD in each dropper, softgel or gummy

## THIS CHART CAN HELP CALCULATE YOUR STARTING AMOUNT:

80-20 lbs	120-190 lbs	Over 190 lbs
MODERATE EFFECT		
10mg	25mg	50mg
STRONG EFFECT		
20mg	50mg	100mg

## TINCTURES (taken under the tongue)

### HOW MUCH CBD IS IN EACH DROPPER?

30ml bottle	15ml bottle	1 drop 1/40ml	1/2 dropper 0.5ml	1 dropper 1ml
300mg		0.25mg	5mg	10mg
750mg	375mg	0.625mg	12.5mg	25mg
1000mg	500mg	0.833mg	16.67mg	33mg
1500mg	750mg	1.25mg	25mg	50mg
3000mg	1500mg	2.5mg	50mg	100mg

## SOFTGELS AND GUMMIES

bottle	1 softgel	1 gummy
300mg	10mg	
750mg	25mg	25mg
1500mg	50mg	

## PET HEMP TINCTURES

pet weight	mg/day	droppers/day
300mg, 30ml bottle - 10mg/dropper		
10 lbs or less	2.5	0.25
10-20 lbs	2.5-5	0.25-0.5
20-40 lbs	5-10	0.5-1.0
40 -100 lbs	10-25	1.0-2.5+

*If you have more questions regarding the amount to take, please contact our customer support team at 888-688-0196 or email [support@HighFallsHempNY.com](mailto:support@HighFallsHempNY.com)*

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.