

# Getting Started with Populum

## Step 1 –

Choose your concentration

Basic 250mg



For hemp CBD first-timers who are looking for a good place to start, choose me! I'm also great for people looking for a daily, low-dose supplement.

Signature 500mg



For those who make hemp CBD part of their daily routine, the Signature 500mg is our bestseller. Also, if you don't know how much hemp CBD you're going to need, you can dose me up or down to find what works!

Advanced 1000mg



Choose me if you're familiar with hemp CBD or want something more powerful. If you're an experienced user and still need something stronger, I'm the one for you!

## Step 2 –

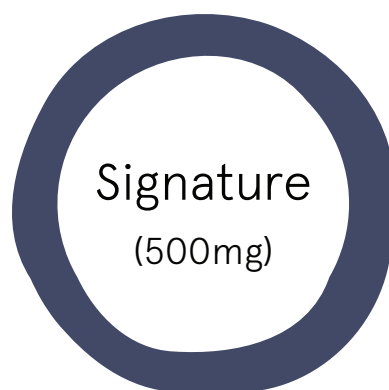
Choose your tincture dosage

If this is your first time with hemp CBD, we recommend 8mg to 8.5mg of hemp CBD per day.\*

\*Everyone's body is different. And various hemp CBD dosages will affect each person differently.



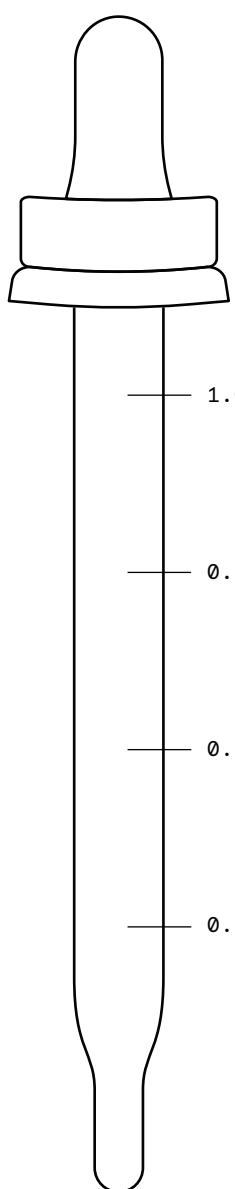
1 full dropper has an estimated 8mg of hemp CBD



1 full dropper has an estimated 17mg of hemp CBD



1 full dropper has an estimated 33mg of hemp CBD



8mg of hemp CBD

8.5mg of hemp CBD

8.25mg of hemp CBD

Milliliter (ml) shows the actual liquid volume. This represents the amount of hemp CBD to take.

Milligram (mg) shows the hemp CBD concentration per serving.

## Step 3 –

Evaluate and customize your dosage

Take note of how your body has adapted to hemp CBD on a weekly basis and adjust your dosage based on your desired effect. For best results, we encourage you to stick with the same hemp CBD routine for 30 days.



Still have questions? Contact us!

support@populum.com  
855 872 2772