

# Getting Started With CBD

## Step 1 –

Choose your concentration

Basic 250mg



For 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 want to make CBD part of their daily routine, this is our bestseller. Also, if you don't know how much CBD you need, you can dose me up or down to find what works!

Advanced 1000mg



Choose me if you're familiar with CBD or if you want something more powerful.

Maximum 2000mg



If you're an experienced CBD user and need something strong, I'm the one for you! I give you the most CBD per serving.

## Step 2 –

Choose your tincture dosage

We recommend starting by taking 8mg to 8.5mg of CBD per day.\*

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

Basic  
(250mg)

1 full dropper has 8mg of CBD

8mg of CBD

Signature  
(500mg)

1 full dropper has an estimated 17mg of CBD

8.5mg of CBD

Advanced  
(1000mg)

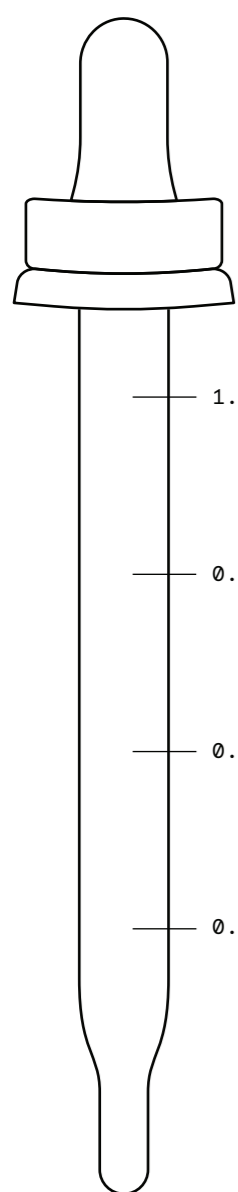
1 full dropper has an estimated 33mg of CBD

8.25mg of CBD

Maximum  
(2000mg)

1 full dropper has 66mg of CBD

Our Maximum 2000mg Tincture is not recommend for first-time CBD users.



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 adapts to 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 CBD routine for 30 days.

Still have questions? Contact us!

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