



Now that you have your products from Phytorite, let's talk dosage! We have also included information on the science behind why it works so well and how CBD and other cannabinoids can help.

### **Rule of Thumb: Start slow .... consistency is key!**

Take an inventory of your current aches & pains as well as mental or emotional concerns (sounds like a tall order, right??) and then keep track as you use the product. Everyone is different, and you may not feel anything right away (especially if you are not in a chronic condition).

You'll want to start with smaller doses initially to determine the correct CBD oil dosage for your specific body type.

- **We recommend 5mg (milligrams) twice daily (10mg total) to start. This equates to .25ml on the dropper approximately 12 drops. Let it absorb under your tongue for at least 30 seconds and swallow.**
- **Work your way up to 20mg a day (or more if needed) for desired results.**
- **Maintain the same dosage for at least a few days prior to increasing to confirm the results.**
- **Start off gradually and slowly increase the amount over time. This will ensure you are not overdosing and wasting valuable CBD.**

Recent research has shown that small, regular doses of phyto-cannabinoids can signal the body to produce more of its own endo-cannabinoids and to create more cannabinoid receptors.

This is why some first-time CBD users may not feel much of an effect for up to two weeks - when their bodies have built more receptors and are ready to respond. Small amounts of CBD not only make the body more receptive to future small doses, but it also kick-starts the body's own natural neurological healing system.





**Let's do some dosage math:**

**Phytorite - Hemp Extract 600**

1ounce bottle = 30 fluid milliliters which contain 600 milligrams of CBD  
One dropper – 1 milliliter = 20 milligrams of CBD

**Phytorite - Hemp Extract 1200**

1ounce bottle = 30 fluid milliliters which contain 1200 milligrams of CBD  
One dropper – 1 milliliter = 40 milligrams of CBD

If you are not getting desired results – increase your dosage gradually. Depending on the severity of your condition and body type you may need more. You will also ensure to find the exact dose that works for your situation.



Other forms of consumption (such as vaping, gummies, edibles – available online or at our store) are good to supplement throughout the day. Call us for additional products - Payment processors are pulling CC processing due to CBD still being prohibited because of no distinction between marijuana and hemp still.

**CBD Oil & Salve Combination:**

Many of our clients have found even greater relief when they use our Phyto-Relief salves as well. We call it the External/Internal combination. You can apply Soothe or Spicy Cool to areas in pain as needed. In addition, we recommend daily application on the back of your neck and also at the base of your spine – many of our pain receptors lie in both of these areas.



## WHAT IS CANNABIDIOL?

Cannabidiol or CBD is one of at least 80 active cannabinoids identified in both cannabis and industrial hemp. It is present in both plants although the prevalence or total composition of CBD can vary greatly from strain to strain. Unlike THC (the other prevalent cannabinoid), Cannabidiol is non-psychoactive while having the potential to possess a variety of therapeutic properties for many medical conditions including cancer, epilepsy, anxiety, pain and many others. THC and CBD have an inverse relationship, the more CBD, the less THC and the reverse also holds true. Scientific and clinical studies continue to underscore CBD's potential as a possible treatment for a wide range of conditions, including rheumatoid arthritis, diabetes, alcoholism, MS, chronic pain, schizophrenia, PTSD, antibiotic-resistant infections, epilepsy, and other neurological disorders. CBD has demonstrated neuroprotective and neurogenic effects, and its anticancer properties are currently being investigated at several academic research centers in the United States and elsewhere.

## How does CBD (cannabidiol) work?

CBD works well for such a wide variety health challenges because it enhances your Endocannabinoid System (ECS). This is the system within your body which regulates proper functioning of your cells, and so much more! It is reported by medical professionals that the ECS is being published in medical books.

The Endocannabinoid System was discovered in 1992 by the same Israeli scientist Dr. Raphael Mechoulam, who identified THC in 1974. CBD primarily affects two receptors: CB1 and CB2. By working within the body to stimulate the body's naturally occurring cannabinoids.





## POTENTIAL BENEFITS:

Initial studies have shown that CBD oil may have numerous health and medicinal benefits, including:

- Antiemetic (reduces nausea and vomiting)
- Anti-inflammatory
- Antioxidant
- Antipsychotic
- Anticonvulsant (suppresses seizure activity)
- Anti-tumoral/anti-cancer
- Antidepressant
- Anxiolytic (combats anxiety)
- Analgesic (relieves pain)

**The US Government actually holds a patent on cannabinoids as a neuroprotectant and antioxidant per US patent #6630507.**

We are so happy you are a part of the Phytorite customer base and we can't wait to hear how CBD helps YOU.



**Feel free to call or email with any questions.  
If you find the products beneficial, we would love to hear  
about it!**

**Phytorite.com**  
**contact@phytorite.com**  
**303.218.9625**

