

CBD Suggested Serving Size Guide

Condition Range	Size Person 31-60 lbs	Size Person 61-100 lbs	Size Person 100-176 lbs	Size Person 175-250 lbs
Mild 1	2 mg - 4 mg	4 mg - 6 mg	6 mg - 8 mg	8 mg - 10 mg
2	4 mg - 8 mg	6 mg - 12 mg	8 mg - 18 mg	12 mg - 20 mg
Medium 3	8 mg - 12 mg	12 mg - 24 mg	18 mg - 24 mg	22 mg - 30 mg
4	12 mg - 18 mg	18 mg - 24 mg	24 mg - 32 mg	32 mg - 40 mg
Severe 5	18 mg - 30 mg	24 mg - 40 mg	32 mg - 60 mg	42 mg - 60 mg

Every BODY is different and the information provided is merely a guideline & starting point for your experience with CBD.

Here are a few ways to find the right amount for YOU:

1. - Start with the lowest serving recommended for your weight & health.
2. - Continue consistent, specific serving sizes for at least one week.
3. - Gauge how you feel in the morning when you get out of bed;
during and after physical activity.
4. - Gradually adjust CBD intake accordingly to obtain desired results.
5. - Consume CBD daily and consistently.
6. - Supplement your CBD intake with convenient lifestyle products.
- Discover topicals, gummies, and vape products, too.



CBD has proven to be most effective when consumed consistently and when taken as a part of full hemp plant extract.

If you are taking prescription medications, need help for a specific disease, or are pregnant
- Please consult your physician before taking CBD Oil -



Phytorite CBD Oil Product Guide

Product	.25 ML 12 Drops	.50 ML 24 Drops	.75 ML 36 Drops	1 ML 48 Drops
600 - 1 oz	5 mg	10 mg	15 mg	20 mg
1200 - 1 oz	10 mg	20 mg	30 mg	40 mg
3000 - 1 oz	25 mg	50 mg	75 mg	100 mg

It is best to start with small servings and increase as needed for desired results.
CBD has proven to be most effective when taken consistently.



Top 3 Tips for CBD

**BE CONSISTENT:
TAKE IT EVERY DAY!**

**BE PATIENT:
GIVE IT TIME TO WORK!**

**BE SPARING:
START WITH A LOW DOSAGE!**

*Phyto*rite
MARKETPLACE