

Typical dose based on reason for taking CBD

If you have not used CBD before
these are typical doses people use*

Reason for taking	Product	Typical Dose
General Health (no specific symptoms)	Sublingual Oil	5 mg/day
Intermittent joint pain	1 or 2% Topical Salve	1-2 times/day
Daily joint pain	Sublingual Oil	20-30 mg/day
Anxiety	Sublingual Oil	20-40 mg/day
PTSD	Sublingual Oil	30-40 mg/day
Sleep	Sublingual Oil	30-40 mg/day

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Comparing Products

You can access a
tool to compare
products at:

https://ravenridgefamilyfarm.com/cbd-guides/cbd_comparison_tool.pdf

The Farm Doc CBD Guides

www.ravenridgefamilyfarm.com

Pilot Mountain, NC

Pamphlet last updated May 2021

How to take
CBD and
adjust your
dose



How to take CBD products

How to determine your optimal dose

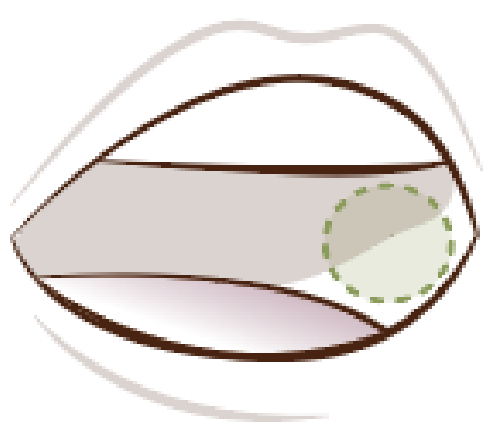
Precautions

Routes of Administration

Ingestible and Inhaled CBD products are NOT Recommended

- 90% of CBD is broken down by the liver when absorbed in the stomach/intestines
- Long term effects of inhaled CBD are not known

Sublingual Oil



Spray Bottle

Spray on the inside of one or both cheeks. Swish in mouth, and swallow after 1 minute.



Spray or Dropper bottle

Use dropper or spray under tongue. Hold there, or swish in mouth, and swallow after 1 minute.

Salve or Cream



- Apply a fingertip worth to each body area being treated
- Rub in 15-30 seconds

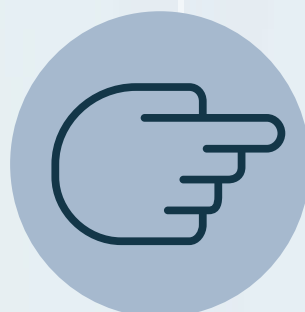
Sublingual Oil

- Purchase a product that contains 30mg/ml of CBD
- Start with 10 mg of CBD/day (See Chart below for sprayer and dropper amounts)
- If no benefit after 1 week, increase by 10 mg/ml.
- Continue increasing the dose every week until you get the desired benefit
- If you get no benefit after 2 weeks at the highest dose (40 mg), discontinue

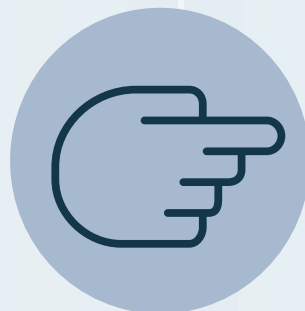
Dosage Chart for 10mg/ml Product

CBD Dose/ml	Dropper Amount (approximate)	Sprays
10 mg	0.3 ml	2
20 mg	0.7 ml	4
30 mg	1.0 ml	6
40 mg	1.3 ml	8

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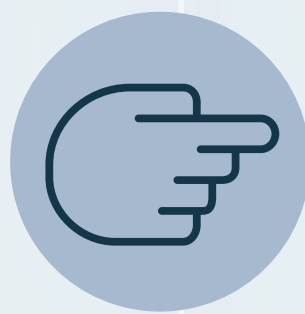


You should review all of your medicines with your physician or other health care provider prior to using CBD.

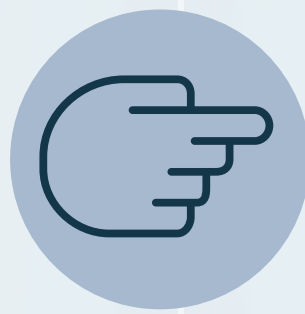


Side effects are uncommon and tend to be mild when they do occur. They include:

- dizziness
- nausea
- sleepiness



Do not use CBD if you are pregnant, or trying to get pregnant.



Children < 18 should not take CBD products unless under the care of a physician