

HOW TO FIND YOUR PROPER DOSE OF CBD



Getting started on a regimen of CBD/Hemp supplements can be confusing. CBD websites post a variety of guides on appropriate dosages, but there is no published guide or study that has the correct dosage for each individual, or for various ailments. That said, it would not make sense for a 100 pound woman to take the same dose as a 200 pound man.

EVERYONE, IS DIFFERENT IN THEIR RESPONSE TO SUPPLEMENTS. THE KEY IS TO DETERMINE WHAT WORKS BEST FOR YOU AND STICK WITH IT.

If you are new to CBD, here are some tips to help you get started:

1. Everyone is different in their response to CBD. Figure out a starting dose, then increase your dosage and frequency until you find what works for you. Some people respond quicker than others, and the effect is usually gradual. Don't give up!
2. We suggest starting with tinctures over softgels because tinctures taken under the tongue enter the bloodstream the quickest.
3. When taking the tinctures, place the drops under your tongue and hold in mouth for 60-seconds before swallowing (avoid contamination, do not touch dropper to mouth).
4. Begin with a lower dosage, then increase every few days as needed to determine optimal dosage.
5. Some people notice a benefit right away, while others take a few days, or even a couple of weeks to notice a difference.
6. If you notice an immediate benefit, then you might be able to reduce the dosage, or the frequency.
7. If the dosage does not seem to work, we suggest increasing your CBD dose -- and your frequency of use. In many instances, this will make a difference.
8. The effect of CBD may be gradual, some who are taking it regularly don't notice a difference until they discontinue CBD. So, if you are not noticing a difference, try stopping for a few days to see if you notice any changes. Again, CBD is different for everyone. Vary your dose and frequency and you'll likely get the results you're looking for.
9. If you have stepped up to a 50mg dose, 2-3 times per day and it does not seem to work, you may need an even higher dose. The best way to take larger doses is in a CBD isolate, without THC. If this sounds like you, check out our CBD isolate tincture on our website at highfallshempny.com.
10. Take your CBD daily like you would any other supplement. Yet, unlike most other supplements, you'll need to adjust your dosage and frequency until you find what works for you.

DOSAGE GUIDE

The recommended dosage on our labeling is: one dropper for tinctures, or one soft gel capsule, by mouth **up to** 3-times per day. This is an "average" dosage recommendation.

Based on our experience, there are several things to consider when determining your starting dose.

1. Body weight
2. Level of desired effect
3. Concentration of CBD in each dropper

THESE CHARTS CAN HELP CALCULATE YOUR STARTING DOSE:

MODERATE EFFECT

80-120 lbs	120-190 lbs	Over 190 lbs
10mg	25mg	50mg

STRONG EFFECT

80-120 lbs	120-190 lbs	Over 190 lbs
20mg	50mg	100mg

TINCTURES *(taken under the tongue)*

HOW MUCH CBD IS IN EACH DROPPER?

Amount	300mg	750mg	1500mg	3000mg
1 Drop - 1/40 ml	0.25mg	0.625mg	1.25mg	2.5mg
1/2 Dropper - 0.5 ml	5mg	12.5mg	25mg	50mg
1 Dropper - 1 ml	10mg	25mg	50mg	100mg

SOFTGELS

Each 300mg gelcap = 10mg
Each 750mg gelcap = 25mg

PET HEMP TINCTURES

Pet Weight	mg/Day	Droppers/Day
10 lbs or less	2.5	0.25
10-20 lbs	2.5 - 5	0.25 - 0.5
20-40 lbs	5 - 10	0.5 - 1.0
Over 40 lbs	10 - 15 +	1.0 - 1.5+

If you have more questions regarding dosage, please contact our customer support team at 845-286-2118 or email support@HighFallsHempNY.com

Always consult a physician before using CBD if you are pregnant or lactating or are concerned about any health issue, diagnosis or treatment.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.