

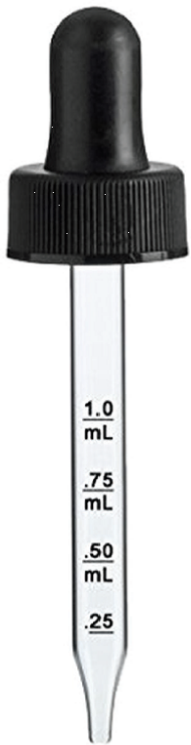
CBD OIL DOSING



MOSS COMPOUNDING
PHARMACY

Tincture & Capsules

Since CBD metabolism depends on a number of factors, dosing is based on what works for the individual and finding your "sweet spot". Initial dosing is once daily, but some individuals may benefit from dosing twice daily. In most cases, the preferred delivery method is a liquid tincture held under the tongue which allows for direct absorption into the bloodstream.



1. One - Two Hours Before Bed

- Start with 10mg of CBD for 3 evenings
- Ananda Professional: 300mg = 1.0mL, 600mg/1000mg = 0.5mL, 2000mg = 0.25mL
- Hold under your tongue for ~3 minutes then swallow. Wait 5-10 minutes after dose if rinsing mouth/eating/drinking.

2. If No Improvements by the 5th evening

- Add another 10mg for an additional 3-5 evenings (Your dose is now 20mg). Note: The additional dose could added in the morning or at bedtime.
- Ananda Professional: 300mg = 2.0 mL, 600mg/1000mg = 1.0mL, 2000mg = 0.5mL

3. If No Improvements by the 8th-10th evening

- You can keep increasing your dose by 10mg every 5 days until you find your full benefit is achieved.
- If effects diminish with a dose increase, then return to the previously used dose as this will produce the maximum benefit.

4. Most consumers report benefits with 10-30mg dosing per day, however some use higher doses (up to 60mg/day).

Capsules - The dosing schedule is similar the tincture dosing outlined above except dosing is done in 15mg increments (this is equivalent dose to 10mg of tincture as ~33% of the swallowed dose will be destroyed by stomach acid). Swallow capsules whole, with or without food.

Topical Preparations

← Lowest Potency

Highest Potency →

Salve

Use every 4-6
times a day as
needed.

Lotion

Use 3-4 times a
day as needed.

Roll-on

Use 1-2 times
daily as needed.

*Salve and Lotion may also be used for skin conditions such as rashes, eczema, and psoriasis

**Ask about facial skin products for blemishes, acne, and anti-aging

