

# CBD DOSING GUIDE

MEDICATION: CBD Gummies

THC : CBD RATIO:

INDICATION:

MG / GUMMIE: 25mg / gummie

SCHEDULE: REGULAR / PRN (AS REQUIRED)

STARTING DOSE: 1 gummie

Gradually increase dose until symptoms are improved or controlled. Stop or decrease if side effects occur. Do not take more than the maximum written on the prescription label.

Max = 300mg / day or as directed by your prescriber.

| WEEK    | 1   | 2   | 3   | 4  | 5  |
|---------|---|---|---|--|--|
| MORNING | 1 gummie<br> | 1 gummie<br> | 1 gummie<br> | 2 gummies<br> | 2 gummies<br> |
| MIDDAY  |              |              | 1 gummie<br> |               | 2 gummies<br> |
| BED     |              | 1 gummie<br> | 1 gummie<br> | 2 gummies<br> | 2 gummies<br> |

## Administration Instructions

1. Place gummie(s) in mouth, chew and swallow.
2. Reassess if desired symptom control has been achieved, noting CBD can take up to a week for full effect. If the answer's no, continue to titrate as per dosing table.
3. Once desired symptom control has been achieved, you've found your dosing regimen. Maintain your minimum effective dose.
4. Record your optimal dose in dosing diary.

Remember

1. Start Low and Go Slow.
2. When your symptoms have been controlled, STOP increasing your dose. Maintain this effective dose as required.
3. The goal is to find the minimum effective dose.