

# CBD DOSING GUIDE

MEDICATION: CBD 0 : 100 Oil

THC : CBD RATIO: 0 : 100

INDICATION:

MG / ML: 100mg / mL CBD

MG / DROP: 5mg CBD / drop

SCHEDULE: REGULAR / PRN (AS REQUIRED)











STARTING DOSE: 2 drops / 0.1mL

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.

1 Drop →  =  0.05ml OR 5mg

IMPORTANT: There are 20 drops per ml.  
1 drop = 0.05ml

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

| WEEK    | 1  | 2  | 3  | 4  | 5   |
|---------|--|--|--|--|---|
| MORNING | 2x<br><br>0.1mL | 4x<br><br>0.2mL | 6x<br><br>0.3mL | 8x<br><br>0.4mL | 10x<br><br>0.5mL |
| BED     | 2x<br><br>0.1mL | 4x<br><br>0.2mL | 6x<br><br>0.3mL | 8x<br><br>0.4mL | 10x<br><br>0.5mL |

## Administration Instructions

1. Start by eating something containing fat (i.e. a spoonful of yoghurt, cheese, coconut oil, avocado).
2. Place drop/mL(s) in mouth and swirl for 90 seconds, then swallow.
3. 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.
4. Once desired symptom control has been achieved, you've found your dosing regimen. Maintain your minimum effective dose.
5. 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.