

# CBD DOSING GUIDE

MEDICATION: CBD 1 : 20 Oil

THC : CBD RATIO: 1 : 20

INDICATION:

MG / ML: 1mg / mL : 20mg CBD / mL

MG / DROP: 1mg CBD / drop

SCHEDULE: REGULAR / PRN (AS REQUIRED)











STARTING DOSE: 12 drops / 0.6mL

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 →  =  OR 1mg  
0.05ml

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	12x  0.6mL	24x  1.2mL	36x  1.8mL	48x  2.4mL	60x  3mL
BED	12x  0.6mL	24x  1.2mL	36x  1.8mL	48x  2.4mL	60x  3mL

## 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.