

# CBD DOSING GUIDE

MEDICATION: CBD Crystal

THC : CBD RATIO: 0 : 990

INDICATION:


MG / G: 990mg / g

MG / SCOOP: 10mg / scoop


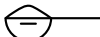
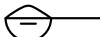







SCHEDULE: REGULAR / PRN (AS REQUIRED)

STARTING DOSE: 1 scoop / 10mg

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 Scoop →  = 10mg

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

WEEK	1	2	3	4	5
<b>MORNING</b>	1x  10mg	2x  20mg	3x  30mg	4x  40mg	5x  50mg
<b>BED</b>	1x  10mg	2x  20mg	3x  30mg	4x  40mg	5x  50mg

## Administration Instructions

1. Start by eating something containing fat (i.e. a spoonful of yoghurt, cheese, coconut oil, avocado).
2. Use a 10mg microscoop to measure Crystal dose accurately. Place crystals under tongue and hold for 90 seconds before swallowing. Crystals can also be mixed into food for consumption.
3. Take CBD twice a day regularly as per dosing table. 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.