

CBD DOSING GUIDE

MEDICATION: CBD Topicals (Lotion / Salve)

THC : CBD RATIO:

INDICATION:

MG / ML:

MG / FINGERTIP UNIT:











SCHEDULE: REGULAR / PRN (AS REQUIRED)

STARTING DOSE: 1 Fingertip unit (0.5mL)

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 Fingertip unit  = 0.5mL

Max = 5mL / day or as directed by your prescriber.

WEEK	1	2	3	4	5
MORNING	1x  0.5mL	2x  1mL	3x  1.5mL	4x  2mL	5x  2.5mL
BED	1x  0.5mL	2x  1mL	3x  1.5mL	4x  2mL	5x  2.5mL

Administration Instructions

0.5mL (a fingertip unit) rubbed into affected area twice a day or PRN.

Increase as per dosing table. Max 5mL / day or as directed by your prescriber.

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.