



STEADY GOING

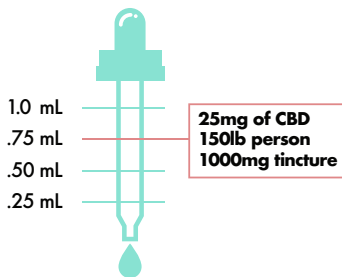
BODY WEIGHT CBD DOSING CHARTS

There are many factors that determine an effective daily dosage of CBD including your weight, age, sex, and metabolism rate. Everyone's most effective daily dose is different.



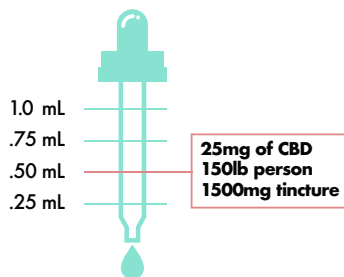
1000mg/30mL CBD/1 ounce tincture

WEIGHT	Recommended Minimum Daily DOSE *	Tincture DOSE
100 - 159 lbs	25mg	0.75mL
160 - 200 lbs	25mg - 50mg	0.75 - 1.5mL
> 200 lbs	50mg	1.5mL



1500mg/30mL CBD/1 ounce tincture

WEIGHT	Recommended Minimum Daily DOSE *	Tincture DOSE
100 - 159 lbs	25mg	0.5mL
160 - 200 lbs	25mg - 50mg	0.5 - 1mL
> 200 lbs	50mg	1.0mL



*If you are new to CBD products, we recommend starting with 1/2 the minimum daily dose and increasing every 3-4 days until you find the best dose for you.