



DOSING 101

• **Everybody is different** – it will take some experimentation to find your ideal dose.

• **Best chance of success with CBD** – too small of a dose and you may not feel any effects at all, too high of a dose and you may experience undesirable results or a general worsening of symptoms.

• **Less is more** – start low and slow with 1/2 recommended dose for 1 to 2 days, keeping track of your reactions and adjust dosage up or down accordingly.

• **Patience is essential** – while some people get results immediately, many report not seeing results for weeks or even months.

• **NOTE:** Like grapefruit, CBD can interfere with your body's ability to process certain pharmaceutical drugs. Consult with your physician if you are on any prescription medications before using CBD products.

Product Name _____

CBD Per Bottle _____ CBD Per ml _____

Date _____

Time _____ Dosage (ml) _____

Time _____ Dosage (ml) _____

BEFORE DOSING

Describe general feelings prior to use.

EFFECTS

Write a symptom on each line. Indicate on charts how strong symptoms are before and after CBD dose.

SYMPTOM 1

Before Dose	After Dose
<input type="text"/>	<input type="text"/>
Mild Intense	Mild Intense

SYMPTOM 2

Before Dose	After Dose
<input type="text"/>	<input type="text"/>
Mild Intense	Mild Intense

SYMPTOM 3

Before Dose	After Dose
<input type="text"/>	<input type="text"/>
Mild Intense	Mild Intense

PERIODIC RESULTS

Record how your symptoms change hourly.

1 Hr	Worse	Same	Better
	<input type="text"/>	<input type="text"/>	<input type="text"/>
	-4 -3 -2 -1 0 +1 +2 +3 +4		
2 Hrs	Worse	Same	Better
	<input type="text"/>	<input type="text"/>	<input type="text"/>
	-4 -3 -2 -1 0 +1 +2 +3 +4		
3 Hrs	Worse	Same	Better
	<input type="text"/>	<input type="text"/>	<input type="text"/>
	-4 -3 -2 -1 0 +1 +2 +3 +4		
4 Hrs	Worse	Same	Better
	<input type="text"/>	<input type="text"/>	<input type="text"/>
	-4 -3 -2 -1 0 +1 +2 +3 +4		

AFTER DOSING

In general, how do you feel after dosing?

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AFTER DOSING

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