

How Much CBD Should I Take?

LEVEL OF DESIRED EFFECT BY BODY WEIGHT



MILD



MODERATE



STRONG

BODY WEIGHT **DOSAGE (mg)**

46-85 lbs 7-9mg

86-100 lbs 9-12mg

101-150 lbs 12-16mg

151-200 lbs 14-19mg

201-250 lbs 18-24mg

250+ lbs 19-25mg

BODY WEIGHT **DOSAGE (mg)**

46-85 lbs 9-12mg

86-100 lbs 12-16mg

101-150 lbs 16-21mg

151-200 lbs 19-25mg

201-250 lbs 23-31mg

250+ lbs 26-35mg

BODY WEIGHT **DOSAGE (mg)**

46-85 lbs 14-19mg

86-100 lbs 19-25mg

101-150 lbs 23-31mg

151-200 lbs 28-37mg

201-250 lbs 35-47mg

250+ lbs 39-52mg