

# HOW MUCH CBD SHOULD I TAKE?

LEVEL OF DESIRED EFFECT BY BODY WEIGHT

## MILD

WEIGHT	DOSAGE
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

## MODERATE

WEIGHT	DOSAGE
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

## STRONG

WEIGHT	DOSAGE
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

## WHICH LEVEL OF EFFECT IS RIGHT FOR ME?

### MILD

Great starting point for new users or those who like to take a daily maintenance dose for a balanced endocannabinoid system and overall wellness.

### MODERATE

Best suited for addressing chronic issues or a specific acute or situational issue. This is also a great range if you want to enhance your daily maintenance dose.

### STRONG

An appropriate range for conditions that interfere with your daily life, such as social anxiety, panic attacks, migraines, interrupted sleep cycles, pain, or insomnia.