

How Much CBD Should I Take?

LEVEL OF DESIRED EFFECT BY BODY WEIGHT

MILD		MODERATE		STRONG	
BODY WEIGHT	DOSAGE (mg)	BODY WEIGHT	DOSAGE (mg)	BODY WEIGHT	DOSAGE (mg)
46-85 lbs	7-9mg	46-85 lbs	9-12mg	46-85 lbs	14-19mg
86-100 lbs	9-12mg	86-100 lbs	12-16mg	86-100 lbs	19-25mg
101-150 lbs	12-16mg	101-150 lbs	16-21mg	101-150 lbs	23-31mg
151-200 lbs	14-19mg	151-200 lbs	19-25mg	151-200 lbs	28-37mg
201-250 lbs	18-24mg	201-250 lbs	23-31mg	201-250 lbs	35-47mg
250+ lbs	19-25mg	250+ lbs	26-35mg	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 severe conditions that interfere with your daily life, such as social anxiety, panic attacks, migraines, interrupted sleep cycles, or insomnia.