

## Hemp Victory Garden - Product Recommendations

The body stores some and eliminates the rest, so its important to figure out the minimum amount for you.

**Observe and Evaluate:** The chart is just a guide. Many people feel changes at a lower dose and don't need to increase to 20mg or 30mg daily. The chart is based upon industry recommendations of 25 mg for a 150lb person mild to moderate issues.

**Sleep Issues:** Take the PM amount 45 minutes before bed for help with sleep issues. If you are waking during the night, take the PM dose, then add a few drops right at bedtime to help keep the body asleep.

**2 x Day:** Please take 2 x day. This keeps a consistent amount in the body. ½ the daily amount taken 2 x a day will work better than the whole daily amount 1x per day.

**Build Up Or Reduce By Small Increments.** Once you start to notice a change in any part of your body/symptoms, you are probably within a few drops of your goal. Be patient, it takes the receptors a few days to become "awake" and use CBD efficiently. Adjust up or down as needed.

**Medication Interaction.** Please be aware that CBD and Cannabis products can make your medications more effective. This is especially true of RX for blood pressure and blood thinners. Please consult with your Dr.

**Feedback is important to us. Please give us a review on Google.**

Hemp Victory Garden Castle Rock - 222 Front St, Castle Rock, CO 80104

Hempvictorygardencastlerock.com

	Day 1 -3 5mg	Day 4 - 6 10mg	Day 7- 9 15mg	Day 10+ 20mg
	AM & PM	AM & PM	AM & PM	AM & PM
Water Soluble 300mg	7 drops AM 7 drops PM	14 drops AM 14 drops PM	21 drops AM 21 drops PM	28 drops AM 28 drops PM
Water Soluble 600mg	4 drops AM 3 drops PM	7 drops AM 7 drops PM	11 drops AM 10 drops PM	14 drops AM 14 drops PM
Water Soluble 900mg	2 drops AM 1 drop PM	4 drops AM 3 drops PM	6 drops AM 5 drops PM	7 drops AM 7 drops PM

**Instructions:** You are getting close to the amount your body needs when you feel **ANY CHANGE**. Stay at that daily amount for 2-3 days. If you need to add more, do so then keep that new amount for 2-3 days. Repeat this method to find the right amount you need.

**Put drops in any liquid and drink.**

Please note the Water SOLuble is better absorbed than oils dropped under the tongue. The industry recommendation is 18-30mg CBD daily. But we've found that most people do not need that much. If you feel you need to increase the amount beyond this chart, please do so. You may find that as the body heals, your daily amount can be decreased.

Before starting your CBD journey please assess your current health. **Please Journal your days and how you are feeling physically, mentally and sleep improvements.** Sometimes we focus on one issue but when we have a full assessment we see improvements in many areas.