

Hemp Victory Garden - Hemp Oil Tincture 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 1.5 hours 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	Day 4 - 6	Day 7- 9	Day 10+
	AM & PM	AM & PM	AM & PM	AM & PM
Hemp Oil Tincture 150mg	10 drops AM 10 drops PM	15 drops AM 15 drops PM	20 drops AM 20 drops PM	30 drops AM 30 drops PM
Hemp Oil Tincture 300mg	20 drops AM 20 drops PM	30 drops AM 30 drops PM	40 drops AM 40 drops PM	60 drops AM 60 drops PM
Hemp Oil Tincture 450mg	30 drops AM 30 drops PM	40 drops AM 40 drops PM	50 drops AM 50 drops PM	70 drops AM 70 drops PM
Hemp Oil Tincture 900mg	40 drops AM 40 drops PM	60 drops AM 60 drops PM	70 drops AM 70 drops PM	80 drops AM 80 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.
- Absorbing it under the tongue increases the amount absorbed. Hold it under the tongue until the flavor is almost gone. If the plant flavor is strong you have not held it long enough. For most people this is 3-5 minutes, then swallow.
- The industry recommendation is between 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.