



Find Your Optimal Amount*

This is a technique, adapted from Dr. Dustin Sulak, to help you find your optimal amount of CBD from hemp extracts.

1. Start with a small dose such as 5 mg to 10 mg of CBD.
2. Start in a calm and quiet environment.
3. Record the date and time and the number of drops, milligrams, or puffs of your CBD product.
4. On a scale of 1-10 (with 1 being the worst and 10 the best), record how you feel in breath, mind, and body both before and after you take your dose of CBD.
5. On a scale of 1-10 (with 1 being minimal and 10 being severe), record any symptom severity both before and after you take your dose of CBD.
6. If inhaling your CBD, wait 5 minutes before recording your aftereffects. If using an oil under your tongue and then swallowing it, wait 30-45 minutes before recording your aftereffects. Be sure to hold the oil under your tongue at least 1 minute before swallowing. If eating a capsule or an edible CBD product such as a candy, wait 1-2 hours before recording your aftereffects.
7. Once you feel that increasing the dose is no longer providing greater benefit, back down by 5-10mg and see if the effect is maintained. If a 30-50mg dose is not effective or is not as effective as you would like, you can try a product with a more robust minor cannabinoid or terpene profile or a product with a different terpene profile. We are happy to answer any questions you may have about different products.
8. You can take your amount 1-3 times a day.

Pay attention to how you feel

Check in with your body and mind before and after use (timing per number 7 above). If your score improves, then you know you are likely feeling the effects of the amount taken.

RATE EACH ON A SCALE OF 1 TO 10 (1=WORST AND 10=BEST):

Your breath

Notice how you are breathing. How easy and smooth is your breathing (1 = difficult, 10 = easy)?

Your body

Notice how comfortable you are. How easy is it to remain still and comfortable? How calm and comfortable does your body feel at this moment (1 = not comfortable at all, 10 = very comfortable)?

Your mood

Notice how you feel right now. Do you feel light and happy? How easy is it for you to feel a sense of contentment? How easy is it for you to smile? (1 = very unhappy, 10 = content and easy to smile)?

Your symptoms

If you have some specific symptoms you are trying to address (such as pain, anxiety, depression, stress, or sleeplessness), notice their severity (1 = minimal, 10 = severe).

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Track your response

The following chart can serve as a guide in progressing your dose.

Date and Time	# of drops, puffs, or mg	Breath		Body		Mood		Symptoms	
		Before	After	Before	After	Before	After	Before	After

Number of mg per Dose per Day

You can try between 1-3 doses per day.

Day 1	5 drops (5mg)	Day 8	½ dropper (25mg)
Day 2	5 drops (5mg)	Day 9	Between ½ and ¾
Day 3	¼ dropper (12mg)	Day 10	Between ½ and ¾
Day 4	¼ dropper (12mg)	Day 11	¾ dropper (38mg)
Day 5	Between ¼ and ½	Day 12	¾ dropper (38mg)
Day 6	Between ¼ and ½	Day 13	1 dropper (50mg)
Day 7	½ dropper (25mg)	Day 14	1 dropper (50mg)



Track your sleep

Date	# of Hours Slept	# of Wake Ups	How Do You Feel? 1-10, 10 BEING BEST	AM Symptoms 1-10, 10 BEING SEVERE

*WARNING: Consult your doctor. This guide is provided for educational purposes. It is not intended as medical advice. The FDA has not approved hemp derived CBD as a safe and effective drug for any indication. Always seek consultation with your physician if you are pregnant, nursing, have or suspect you have a medical condition, or are taking any medications to discuss potential interactions and other possible complications.

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