

cbdDNA Dosage Guide:

There are several factors which can impact on finding your optimal dose, these typically include; size and weight, severity of condition, your body chemistry, how you're taking CBD and the type of CBD you're using (Full Spectrum, Broad Spectrum, Isolate).

Finding the dosage that works for you is the key. Below is a general guide to help you begin your journey.

Week 1	Week 2	Week 3 (onwards)
10mg - 20mg 2 x per day*	20mg - 30mg 2 x per day*	30mg - 100mg 2 x per day*

* Once desired affects are obtained, continue on that dosage

Although initial affects may be felt very quickly, please allow several weeks for optimal results.

Please note: This guide is intended for example purposes and it is possible to deviate.

Max Daily Dosage 200mg.

CBD Oil

For optimal results the oil must be taken sublingually. Place the required dosage/drops under the tongue and hold it there for 2-3 minutes. The CBD will enter the bloodstream within 10-15 minutes. This is the most effective way to take CBD Oil as swallowing immediately will decrease absorption within the body.

Strength (mg)	mg/drop
500 1000 2000	2.5mg 5mg 10mg

CBD Capsules

The simple and fastest way to take your CBD. Swallow with water, preferably with or after eating. CBD will enter the bloodstream normally around an hour after intake.

Strength (mg)	mg/drop
750 1500	25mg 25mg

CBD Water Soluble

This is thought to be the most efficient way to take CBD as it is encapsulated in Liposomes. Liposomes protect the CBD from stomach acid and enzymes, before releasing the encapsulated CBD within the small intestine.

Strength (mg)	mg/drop
250 500	1.25mg 2.5mg

Add required dosage/drops to water, juice, morning coffee or shake. Can also be added to food. Effects can be felt within 1 hour.

For further information and FAQ's please visit www.cbdna.co.uk or email us at info@cbdna.co.uk. If you are pregnant, lactating or taking medication, please consult a medical professional before use.