



# CBD RECOMMENDED GUIDELINES & DOSING

## CBD Recommended Guidelines & Dosing:

- There is no set, FDA approved dosing parameters for CBD
- Keep in mind that CBD is typically dosed in milligrams (mg), but that in solution (i.e. oil) it will be expressed as milligram per milliliter (mg/ml).
- Generally speaking, the larger your body mass and the more severe your symptoms/condition, potentially the larger dose that will be needed.
- It is recommended that you go "slow and low." In other words, low doses with slow changes to monitor results
- Try to take CBD at least two hours apart from other medications
- Pregnant or breastfeeding woman should consult with an educated medical provider before they take or use CBD.
- If using CBD for sleep, try taking it 30-60 minutes before normal bedtime.
- Generally speaking, dosing ranges of CBD can be anywhere from 4 to 300 mg per day, depending on condition and symptoms being treated.
- Your CBD dosing will need to be titrated (i.e. adjusted) to your personal needs. It is recommended that you start low, then adjust dosing and monitor your symptoms accordingly.
- The chart below can be used as a "best practice" guideline to help with potential initial dosage and range.

CONDITION:	Person Size 2-25lbs	Person Size 26-45lbs	Person Size 46-85lbs	Person Size 86-150lbs	Person Size 151-240lbs	Person Size 241+lbs
Mild Range	4.5mg	6mg	9mg	12mg	18mg	22.5mg
Medium Range	6mg	9mg	12mg	15mg	22.5mg	30mg
Severe Range	9mg	12mg	15mg	18mg	27mg	45mg

- Again, keep in mind that there is no set FDA approved dosage guidelines and requirements will vary from person to person, depending on a number of factors including (but not limited to) body mass, condition and symptoms treated, route and frequency of administration.



# CBD

## ROUTES OF ADMINISTRATION, TIME OF ONSET AND DURATION



### INHALATION:

**Types of products:** whole plant, oils, waxes, and concentrates

**Expected onset:** 0-10 minutes

**Duration:** 1-4 hours



### INGESTION:

**Types of products:** edible products, beverages, teas, capsules

**Expected onset:** 30-90 minutes

**Duration:** Up to 8 hours



### TOPICAL:

**Types of products:** lotions, salves, oils

**Expected onset:** a few minutes

**Duration:** 1-4 hours



### BUCCAL:

**Types of products:** alcohol-based tinctures, lozenges

**Expected onset:** 0-60 minutes

**Duration:** 1-8 hours

For more information, please call or email:

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