



# Understanding How Much CBD Is In Your Product

Please remember, everyone is different and may require a different dosage depending on a multitude of factors.

It is recommended that you start with 5-10mg of CBD, wait 3-4 hours, and increase as necessary in order to achieve desired effects. The recommended daily dosage of CBD is 30-60mg.

## CBD OIL TINCTURES



Product	Total Bottle Volume	One Full Dropper (approx. 1 ml)	One Drop
250mg CBD Tincture	30ml (1 fl oz.)	8.3mg	0.42mg
500mg CBD Tincture	30ml (1 fl oz.)	16.7mg	0.83mg
1000mg CBD Tincture	30ml (1 fl oz.)	33.3mg	1.67mg
2500mg CBD Tincture	30ml (1 fl oz.)	83.3mg	3.8mg
5000mg CBD Tincture	30ml (1 fl oz.)	166.7mg	7.6mg

## CBD SOFTGELS & CAPSULES

Product	Daily Supply	mg Per Bottle	mg Per Unit (1 Softgel/Capsule)
25mg Capsules (30 ct.)	30 Days	750mg	25mg
30mg Full-Spectrum Softgels (30 ct.)	30 Days	900mg	30mg
30mg Full-Spectrum Softgels (60 ct.)	60 Days	1800mg	30mg
30mg THC-Free Softgels (30 ct.)	30 Days	900mg	30mg
30mg THC-Free Softgels (60 ct.)	60 Days	1800mg	25mg

## CBD VAPES\*

Product	Approx. mg Per Puff
200mg Disposable Vape Pen	2mg
200mg Vape Cartridge	2mg



\*CBD has greater bioavailability when vaped, thus a smaller dosage is needed to achieve desired effects.

## CBD ISOLATES

Product	0.5 grams	1 gram	3.5 grams	7 grams	14 grams
99% Pure CBD Isolate Powder	500mg	1000mg	3500mg	7000mg	14000mg
99% Pure CBD Isolate Slab	500mg	1000mg	3500mg	7000mg	14000mg
99% Pure CBD Terpsolate		1000mg			
99% Pure CBD CBDelicious Powder		1000mg			

**CBDISTILLERY**