



**Helpful Tips:**

Try to take your dosage at the same time each day and log progress each evening before bed.

We recommend using the same hemp oil dosage for 1 – 2 weeks before advancing to a higher dosage. We offer full-spectrum CBD oils in either 500mg or 1000mg. Start with small amounts and slowly increase your dosage until you achieve the desired effect. If you notice the effects are stronger than you wish, reduce the dosage for the next 7 days.

Remember, everyone's body reacts to CBD differently. Please listen to signs of your body and adjust accordingly. For more information on dosing, please visit [www.CbBotanica.com](http://www.CbBotanica.com).