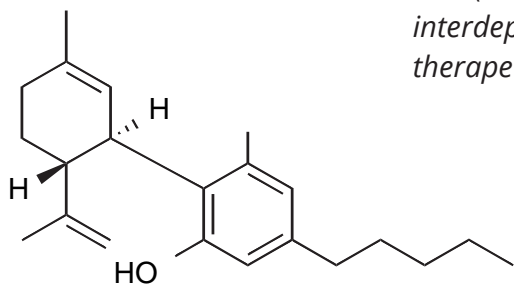


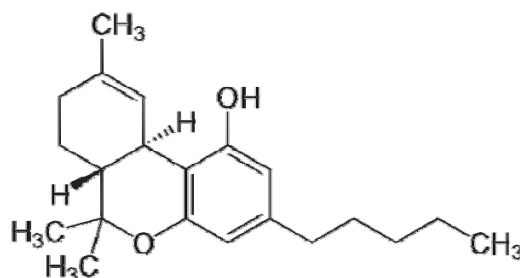
Project CBD: Dosing Factsheet

A patient's sensitivity to THC is a key factor in determining appropriate dosages for a CBD-rich treatment regimen.

CBD (Cannabidiol) and THC (tetrahydrocannabinol) share a special interdependent relationship and work together to increase one another's therapeutic benefits.



CBD (Cannabidiol)
Non-psychoactive



THC (tetrahydrocannabinol)
Psychoactive
may produce euphoric or dysphoric effects

Dosage Guidelines

Cannabis therapeutics is personalized medicine. The appropriate dosage depends upon the person and condition being treated.

1. **Decide how you want to take cannabis.** Dosed medicine infused with concentrated cannabis oil extracts is available in sublingual sprays, capsules, edibles, tinctures, and other products.
2. **Find your ratio.** Cannabis products have varying amounts of CBD and THC. A high CBD strain or product (with little THC) is not necessarily superior to one with a more balanced CBD:THC ratio. Find the proper combination for you.
3. **Begin with a low dose**—especially if you have little or no experience with cannabis.
4. **Take a few small doses** over the course of the day rather than one big dose.
5. **Use the same dose and ratio for several days.** Observe the effects and consider if you need to adjust the ratio or amount.
6. **Don't overdo it.** Often with cannabinoid therapeutics, "less is more." Cannabinoid compounds have biphasic properties. This means that higher doses can sometimes be less effective than low or moderate ones. Also, too much THC—while not lethal—can increase anxiety and mood disorders.
7. **Consider the condition you're treating.** For anxiety, depression, spasms, and pediatric seizure disorders, you may do better with a moderate dose of a CBD-dominant remedy. Look for a CBD:THC ratio of more than 14:1. For cancer or pain, you may need more THC, for instance, a 1:1 ratio.

