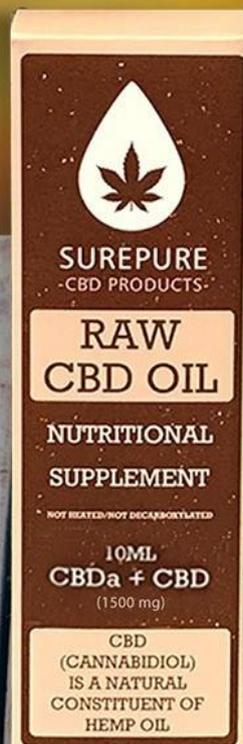
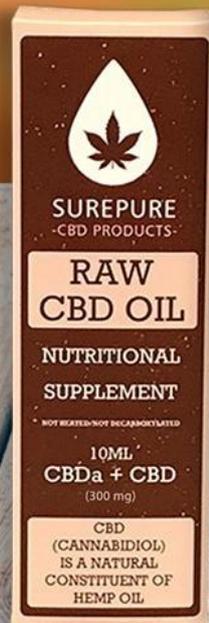




**SURELIFE
CBD**

CUSTOMER DOSAGE GUIDE

WWW.SURELIFECBD.COM



CBD OIL – DOSAGE SUGGESTION

(CUSTOMER GUIDE)

This is only a guide to using CBD oil and you will find once you have used it for 3-4 weeks you get to know which dosage level works for yourself*

Days 1-3:	3 drops twice a day	1 drop of 300mg oil contains approx. 1.5mg of CBD
Days 4-7:	4 drops twice a day	1 drop of 500mg oil contains approx. 2.5mg of CBD
Days 8-11:	5 drops twice a day	1 drop of 1500mg oil contains approx. 7.5mg of CBD
Days 12+:	6 drops twice a day	1 drop of 2000mg oil contains approx. 10mg of CBD

*There's approx. 200 drops in a 10ml bottle so should last around three weeks.

By now you may feel some benefit. The beauty of CBD is that it benefits everyone differently i.e. better sleep, pain relief, anxiety help etc. so will be great to see how you get on. **You can also exceed the 6 drops but try not to take more than 200mg a day in total**

If you see a benefit before you get to the 6 drops stage then you can either stick to that dosage or increase the drops first to see if any further benefit is gained and then drop back down again if need be. If no real benefit is achieved you may need to increase your total daily intake (but no more than 200mg a day in total).

There is no 'one for all' dosage guide with CBD as everyone is different. For some, a lower than suggested dose is sufficient and for others a much higher dose brings results. If you find that you require a higher daily dose to achieve results (over 100mg a day), it may make sense to go for a higher strength oil as this works out more cost effective.



SOME USERS EVEN FIND THEY ACHIEVE BETTER BY SPLITTING THE DOSE TO THREE TIMES A DAY

To take the drops it's easier to use a mirror otherwise you may end up using more drops as they can come out the pipette quite quickly. Shake the bottle then place the drops under the tongue and let them sit there for one minute. They will get absorbed into your system and then just swallow.

Any questions at all just message us on Facebook Messenger or email at surelifecbd@gmail.com

OBSERVATIONS

Before you start make a note below of how you are feeling right now as in anxiety, low mood, sleep issues, any lingering pain etc. and then put this away. After finishing the oil open this and see how these symptoms are now:

Anxiety/Mood:

Sleep Issues:

Chronic/Lingering Pains:

Others:

**Disclaimer: Our products are not in any shape or form advertised for sale as medicinal products. We do not make any claims of medical benefits from the usage of our products. If you are unsure about anything, please consult with your doctor. These statements have not been evaluated by the FDA and are not intended to diagnose, treat or cure any disease. Always check with your physician before starting a new dietary supplement program.*

CBD OIL – DOSAGE SUGGESTION

Bodyweight in lbs (pounds)				
PAIN / LONG TERM CONDITION	50 - 100lbs	100 - 150lbs	150 - 230lbs	230+ lbs
Mild	5-10mg	10-40mg	40-80mg	70-100mg
Average	10-20mg	20-70mg	70-150mg	100-150mg
Intense	20-40mg	40-100mg	100-200mg	150mg+
ANXIETY / STRESS / DEPRESSION	50 - 100lbs	100 - 150lbs	150 - 230lbs	230+ lbs
Mild	5-10mg	10-40mg	40-80mg	70-100mg
Average	10-20mg	20-70mg	70-150mg	100-150mg
Intense	20-40mg	40-100mg	100-200mg	150mg+

Any questions at all just message us



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