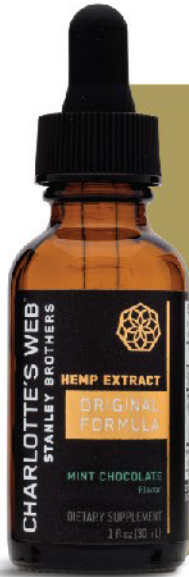


# FIND YOUR CBD SERVING SIZE

EACH BODY IS DIFFERENT. HOW YOU TAKE CHARLOTTE'S WEB SHOULD BE TOO.

SERVING SIZE FOR HEALTHY ADULTS USING THE ORIGINAL FORMULA (50 MG), 30ML BOTTLE\*



.25 mL  
ONCE  
DAILY

Every day for  
3 days.

DAYS 1-3



.25 mL  
TWICE  
DAILY

Every day for  
an additional  
3 days.

DAYS 4-6



.5 mL  
TWICE  
DAILY

Increase every  
three days until  
reaching desired  
results.

DAYS 7+

\*Consult with your physician if medically sensitive.

## STARTING A CBD ROUTINE?

### TRY ORIGINAL FORMULA (50MG).

For many, **30-50mg** of CBD per day is where they notice their most desired results.

### PRO TIPS

**Keep in mind that the dropper size for our 30 mL and 100mL oils are different!** If you are using a 100mL dropper, you will start with an even lower amount than suggested above.

**Track your journey.** Keeping a journal can help you observe how Charlotte's Web is working for your body.

**Take it at the same time every day.** If it's your first time, we suggest starting in the evening or at a time when you're relaxed for the first week so you can observe how it works for you.

**When will I see results?** Gaining the greatest benefits from hemp compounds can take up to 4-6 weeks of daily, consistent routine.