

TYPICAL USES

TINCTURE

Use tincture sublingually (under tongue) for best absorption for general, full-body benefits. It may be helpful to start with lowest milligram (mg) CBD amounts, like 500mg, and try only 1 drop at first, and work up from there. Effects may begin in minutes to hours. Using CBD sparingly until you can gauge your body's sensitivity seems to work best for many. Those who have experienced little, or decreasing, effects have slowly raised the usage to 5 drops, if necessary, and waited to see what benefits occur. It typically seems best to allow at least 24 hours till the next use. Women may be more sensitive to CBD than men. Body weight and size, as well as metabolism of the individual, may also have an impact on effectiveness. Slight drowsiness may occur and ensure a measure of effect.

If there is no change or improvement, another avenue typically taken is to try a higher CBD concentration: 1000mg or 2000mg (you can hand off the lower mg product and make a friend, pay it forward).

For specific joint pain, muscle pain/bruising or inflammation: several drops of tincture can be rubbed into the affected areas of the skin. This application can be repeated as needed. Topical skin application, logically, appears to focus the CBD in the areas where relief is needed and also tends to provide an effective overall means of absorption into the body.

SALVE

Salve is intended to be used externally only, and is often used for specific joint pain, muscle pain/bruising or inflammation focused in a limited area. Typically, 1/4-1/2 teaspoon of salve is rubbed into the affected area. More may be called for when applying to larger areas of skin. As with tincture, many have found that it is helpful to start with lowest milligram (mg) CBD amounts, like 500mg, and work up from there as you gauge your body's sensitivity. It typically seems best to allow at least 8 hours till the next use.

If there is little change or improvement, an option is to try a higher CBD concentration: 1000mg or 2000mg (you can hand off the lower mg product and make a friend, pay it forward).

FOR PETS

CBD has also been used for large pets (cats, dogs and larger) suffering from pain or anxiety. Amount to use is related to animal size. Tincture drops can be added to treats and food, being very careful not to overuse. Salve and tincture can be rubbed into skin in a problem area. Again start with very small dosage levels and work up. Your pet may show effects by sleeping more soundly.