



## Do I Need Full Spectrum or Broad Spectrum?

**Full Spectrum:** Has THC, but under .3%, which is legal in all 50 states and will not cause any “high”. However, it could show up on a drug test.

**Broad Spectrum:** Goes through an extra process to eliminate any trace amounts of THC.

**Recommendation:** If you get drug tested, opt for the broad spectrum. If you are not drug tested, we recommend the full spectrum as the THC with the other cannabinoids is more beneficial since they work together synergistic-ally, known as the “entourage effect”

## What Strength / Potency Is Right For Me?

**1000 mg (32 mg / full dropper):** A good option for those trying CBD for the first time and not certain where they need to be for dosage. 1000 mg is still a stronger potency, so begin with 1/4 dropper and work up to find you best result.

**2000 mg (64 mg / full dropper):** 2000 mg is great for those who know they take 32 mg or more per dose, and want the greatest value per milligram of CBD.

**NOTE:** Our droppers are graduated so you can measure 1/4, 1/2, 3/4, and a full serving depending on the amount of CBD you need.

### General Guidelines

**Micro-Dose** is *up to 20 mg / dose*. Good for those needing help with sleep, headache, mood, nausea, PTSD, and stress.

**Standard Dose** is *10-100 mg / dose*. Good for those dealing with pain, inflammation, auto immune, anxiety, depression, Lyme disease, and arthritis.

**Macro Dose** is *50-800 mg / dose*. Good for those dealing with severe conditions such as cancer, epilepsy, and seizures.

## What Tincture Blend Is Right For Me?

**RELAX:** This is a good general blend for those who want a nice calming effect, or looking to improve their overall health conditions. Great for unwinding in the evening, social events, or working through stressful circumstances.

**SLEEP:** Only take this blend before you are ready for a good night’s sleep.

**FOCUS (coming soon!):** For those looking for a focused energy with improved memory and cognitive function. A great way to start the day.

**NOTE:** While we work to formulate and draw out certain effects with our tinctures, you will never sacrifice the overall benefits of CBD if opting for a SLEEP or FOCUS formulation

## What Flavor Is Right For Me?

**Natural:** Very smooth flavor with our CO2 extraction process. Even those who cringe at the thought of a hemp flavor are not overwhelmed by the natural taste of our tinctures. Many prefer this taste as it is more subtle and the aftertaste does not linger.

**Strawberry:** Our flavoring is all organic and blended for a sweet ripe taste. You will smell strawberries as soon as you open the bottle!

**Recommendation:** If you love strawberries, or are on the fence as to whether you can handle any sort of hemp flavor whatsoever, opt for strawberry. If you prefer simplicity in life, and appreciate a smooth hemp flavor, go with natural. If you can drink black coffee, you will appreciate natural.

