



www.hempura.co.uk

If you are just starting taking CBD, we recommended that you start with a low dose of around 10-15mg, taken in two doses, evenly spaced throughout the day.

Once you get more familiar with CBD (and the effect that it has on your wellbeing) you can increase the dose slowly, perhaps every 5-7 days, until you reach a point where you feel that you are getting the full benefit of the product.

You should never exceed 70mg per day.

You can combine products towards your daily goal, except topicals.

How much CBD is in my product?



250mg in 10ml (1.25mg CBD per drop)

8 drops x 1.25mg CBD per drop = **10mg**

12 drops x 1.25mg CBD per drop = **15mg**

20 drops x 1.25mg CBD per drop = **25mg**

24 drops x 1.25mg CBD per drop = **30mg**

500mg in 10ml (2.50mg CBD per drop)

4 drops x 2.50mg CBD per drop = **10mg**

6 drops x 2.50mg CBD per drop = **15mg**

10 drops x 2.50mg CBD per drop = **25mg**

12 drops x 2.50mg CBD per drop = **30mg**



1000mg in 10ml (5.00mg CBD per drop)

2 drops x 5.00mg CBD per drop = **10mg**

3 drops per x 5.00mg CBD per drop = **15mg**

5 drops per x 5.00mg CBD per drop = **25mg**

6 drops per x 5.00mg CBD per drop = **30mg**

Hempura CBD 6month Personal Dosage & Wellness Tracker

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	How did you feel (1-10)?
1	10	10	10	10	10	10	10	
2	12.5	12.5	12.5	12.5	12.5	12.5	12.5	
3	15	15	15	15	15	15	15	
4								
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Instructions: Fill in your planned dose for the week, or a few weeks ahead. At the end of each week, evaluate how you felt on average and put a rating of 1-10 in the end column. This will allow you to track a suitable dose. If you need help remembering if you have taken it that day, on the morning you can place an / in the corner of the box on a specific day indicating one dose, before finishing it with a \ on the evening indicating a second does to complete the X.