



INFINITE  
CBD



## SUGGESTED USE GUIDE +USEAGE TRACKING CHART

**This information should be used as a guide.** Everybody is different when it comes to the proper serving size. The perfect serving size for one person may not be the perfect for you. We encourage you to track your CBD consumption and relief levels to find **your perfect serving.**

## CBD EFFECTIVENESS

Each individual's experience is unique. Ultimately, your biochemistry and physiology will influence your experience with CBD. With so many delivery methods to utilize CBD, how we receive the benefits can vary from ingestion and inhalation to oral mucosal and transdermal absorption.

## SUGGESTED BEGINNING SERVING SIZES

### ADULT SERVING SIZE

Take 1mg per 10lbs of your body weight

### PET SERVING SIZE

Take .25mg to .5mg per 10lbs of the body weight

## USAGE TIPS

- Start with a smaller serving size.
- Start with one serving in the morning and one at night.
- Adjust the serving size as needed; increase the amount or incorporate additional servings throughout the day.

**If you are currently taking medications, consult your doctor to discuss how CBD might interact with those medications.**

The chart below can be used to track your CBD dose and relief levels each day; to help find the perfect dose for you.

		DAY							
		1	2	3	4	5	6	7	
WEEK	1	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞
	2	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞
	3	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞
	4	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞	☀️ _____mg 🌙 _____mg 😊 😐 😞
		Notes:							