

DOSING CHART

REMEMBER TO ALWAYS - Start low, Go slow - MICRO-DOSE



CBD HAS A INTERACTION WITH THC that when combined they produce a greater effect. If you consume too much THC, consume CBD sublingually to aid in bringing you to a comfortable place in elevation.

| TOLERANCE | USER EXPERIENCE | SUGGESTED DOSAGE |
|-----------|------------------|------------------|
| VERY LOW | NOVICE | THC >5 MG |
| LOW | SOME EXPERIENCE | THC 6-10 MG |
| MEDIUM | EXPERIENCED | THC 11-25 MG |
| HIGH | MORE EXPERIENCED | THC 26-80 MG |
| VERY HIGH | EXPERT | THC 80+ MG |

INGESTING DURATION

30-120 mins.
ONSET

1-5 hours
PLATEAU

6-12 hours
AFTER EFFECTS

Duration is affected by dose, tolerance & individual
ENDOCANNABINOID SYSTEMS