

An outline to choosing your strength and dosage.

Everyone has to start somewhere, so if you're new to CBD, so in this CBD dose guide, we've got you covered! This CBD dose guide should shed some light on finding the right dose for you, what bottle to try first, and some useful insights into CBD.

To start things off, we offer three different strengths of CBD oil; 250mg, 500mg, and 1000mg. All of our bottles are 30ml (one ounce). The strengths indicate the total amount of CBD contained in each bottle. We also have CBD gummies that are 10mg of CBD per piece for easy dosing. If you are interested in learning more about our CBDA oil check out this article on CBDA vs CBD: Major Differences you should know.

What's the difference between the flavors?

We try to keep things as close to nature here at MONTKUSH. Our CBD oils have a natural cannabis flavor derived from the terpenes left intact through our extraction process. Our Natural CBD oil and Raw CBDA oil are both unflavored and taste-like cannabis. The only difference is our Raw CBDA oil is CBDA dominant. You can learn more about CBDA here. Our Mint CBD oil is essentially the same as our Natural CBD oil, just with organic peppermint flavor added.

CBD Dose Guide: What's your reason for taking CBD?

	Clarity, Calm, Focus	All-Day Pain Relief	Sleep
250 mg	✓		
500 mg	✓	✓	✓
1000 mg		✓	✓

Answering this question can help you decide on what strength is right for you! We definitely can't cover everything, but we've siloed some of the reasons for taking CBD into the categories above.

Customers have reported feeling clarity and focus with lower doses versus a higher dose, which will have a relaxing, tranquil feeling. We have our 500mg and 1000mg bottles listed under 'sleep' due to their higher CBD concentration. It would take four full droppers from a 250mg bottle to equal one dropper from a 1000mg bottle. If you are looking for help managing anxiety or stress, it's recommended to start with a lower dose. A 500mg bottle or a 250mg bottle might be the best option for you.

Pain management is different from person to person, but sticking with a 500mg or 1000mg will allow you to vary your dosage to suit your needs.

A good way to think about dosing.

	Clarity, Calm, Focus	All-Day Pain Relief	Sleep
Start with	16 mg	24 mg	32 mg
Most people use	8 - 56 mg	24 - 120 mg	32 - 120+ mg

The amount of CBD needed per dose varies between every individual, so our recommendations are based on our customers' general feedback. Referencing the table above, we recommend aiming for the 'Start with' dosage and then increase or decrease the amount until you find your desired effect. For example, if you bought a 1000mg strength bottle, aiming between 32-64mg for help sleeping would be recommended and then increase or decrease by 8mg until you find the amount that's right for you. If dosing by dropper doesn't work for you our CBD gummies are 10mg per piece and make dosing easy.

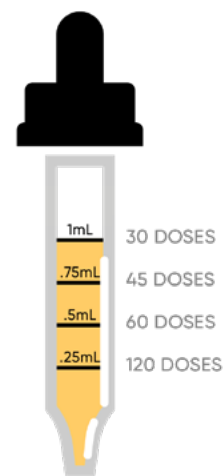
After shaking the bottle, fully squeeze the dropper in the bottle and draw in the CBD oil to the dropper. This is one full dropper. We recommend filling the dropper fully first, then squeezing drops back into the bottle to measure half and quarter doses.

How long will your bottle last?

Answer: it will vary depending on how regularly throughout the day and week you use MONTKUSH. It will also depend on how large of a dose you're taking each time. This guide can give you a rough estimate of how many doses you can get out of one 30ml MONTKUSH bottle.

Dose Per bottle Graphic

If you are taking a full dropper daily, you will end up with 30 doses or roughly a month's worth.



What is the best way to take it?

Hold under tongue for 30 seconds.

Dropping the oil under the tongue is the fastest way to feel the effects. We hear from customers that they have the best results when they drop their dose under their tongue, hold it there for 30 seconds then swallow.

Add it to your favorite beverage.

A lot of our customers like to add it to their morning coffee. They report feeling the energy from the coffee without the jitters when adding 16-24 mg of CBD.

Either way is suitable, but most importantly, we recommend being routine with your dose. Be it in the morning with coffee, mid-day to manage stress, before bed to help sleep, or all three.

How can I tell if it's working?

SEE HOW YOU FEEL

CBD affects everyone differently. Since everyone's endocannabinoid system is different, some will observe the effects more so than others. CBD's effects can be discreet, and it will be more apparent to look for what you do not feel as opposed to what you do.

MAKE IT A HABIT

If CBD is new for you, we suggest you take it at the same time every day for a week. Keep notes on when you take it and how you feel to track your dosage.

Generally, you'll feel the effects of CBD within 30 minutes; some may experience more subtle effects and or take more time. You may notice a difference right away, or it may take a little time. Either way, you may notice the effects more if you focus on what you aren't feeling rather than what you are. It's most effective when you start a routine with CBD, so it's recommended taking it habitually.

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