

HOW DO I TAKE CBD?

INHALATION

ONSET OF ACTION
2-10 MINS

LENGTH OF ACTION
1-3 HOURS

TINCTURES

ONSET OF ACTION
20-30 MINS

LENGTH OF ACTION
4-6 HOURS

ORAL

ONSET OF ACTION
30-120 MINS

LENGTH OF ACTION
5-8 HOURS

TOPICAL

ONSET OF ACTION
10-20 MINS

LENGTH OF ACTION
4-6 HOURS

THE EFFECTS OF CBD

IT'S NOT WHAT YOU FEEL

IT'S WHAT YOU DON'T FEEL!

THE ABSENCE
OF

SLEEPLESSNESS
DISCOMFORT
FOGGINESS
STRESS
ANXIOUSNESS

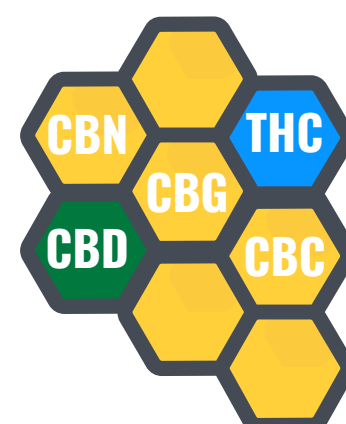
TYPES OF CBD PRODUCTS

EDIBLES
TOPICALS

TINCTURES

VAPES
FLOWER

Full Spectrum



< 0.3% THC

Broad Spectrum



Isolate



GREEN HARVEST
—HEALTH—
Reclaim Your Wellness

The optimal dose for a consumer depends on several factors:

Concentration is measured in milligrams (mg). Be aware of the concentration of CBD in your product and the dosage you're taking with each serving.

Body Weight often plays a role in how CBD affects the body.

Desired Effects and symptom level determine the appropriate dose where increased symptoms will require increased doses.

Green Harvest Health CBD Tinctures Dosing Guide

	¼ dropper (~8 drops)	½ dropper (~15 drops)	1 dropper (~30 drops)
500mg oil	4mg	8mg	17mg
750mg oil	6mg	12.5mg	25mg
1000mg oil	8mg	17mg	33mg
1500mg oil	12.5mg	25mg	50mg