

Country Girl Hemp™ Tincture 1 fl. oz. 1000 mg

1000mg divided by 30ml (1 fluid oz) = 33mgs / 30 drops = 1ml / 30 servings of 30 drops per bottle

33mgs divided by 30 drops = each drop contains approximately 1.1mg of Full Spectrum Hemp Extract

Week # _____ (Consistency provides best results. Four to six weeks to build to optimal dose is commonly practiced.)

Start slowly to reach recommendations on the dosing chart. Many try one drop, twice a day and build from there.

Date	Time	# of Drops	Pain Level before drops	Pain level after drops	Notes:

- 1) How many times a day are you going to dose? Refer to hypothetical chart for drop amounts.
- 2) Rate pain level on a scale of 1 to 10, 10 being worse
- 3) Notes – note changes and make adjustments. Note how long it takes to feel a change. Write down what you feel.

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A hypothetical suggested dosing chart regarding the issue of pain and body weight.

This is a partial chart from <https://honestmarijuana.com>:

Estimated Pain Level	86 – 150 lbs	151 – 240 lbs	Greater than 241 lbs
None to Mild	12mg	18mg	22.5mg
Medium	15mg	22.5mg	30mg
Severe	18mg	27mg	45mg

Hypothetical Dosing Chart - if this product works best for you.

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Estimated Pain Level	86 – 150 lbs	151 – 240 lbs	Greater than 241 lbs
None to Mild	12mg = ~11 drops per day (6 am/5 pm)	18mg = ~16 drops per day (8 am/8 pm)	22.5mg = ~20 drops per day (10 am/10 pm)
Medium	15mg = ~14 drops per day (7 am/7 pm)	22.5mg = ~20 drops per day (10 am/10 pm)	30mg = ~27 drops per day (14 am/13 pm)
Severe	18mg = ~16 drops per day (8 am/8 pm)	27mg = ~25 drops per day (13 am/12 pm)	45mg = ~41 drops per day (21 am/20 pm)

A hypothetical example: For someone between 86 – 150 pounds in severe pain that builds up to 16 drops per day using 1000mg bottle size, this bottle would last approximately 54 days if optimal dosing of 16 drops per day provides desired results.

This individual would be taking 16 drops per day which would give them approximately 54 days of dosing, give or take.