

Country Girl Hemp™ Tincture 1 fl. oz. 500 mg

500mg divided by 30ml (1 fluid oz) = 16mgs / 30 drops = 1ml / 30 servings of 30 drops per bottle

16mgs divided by 30 drops = each drop contains approximately .53mg of Full Spectrum Hemp Extract

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	26 – 45 lbs	46 – 85 lbs	86 – 150 lbs	151 – 240 lbs	Greater than 241 lbs
None to Mild	6mg	9mg	12mg	Consider 1000mg	Consider 1000mg or 2500 mg
Medium	9mg	12mg	15mg		
Severe	12mg	15mg	18mg		

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

Country Girl Hemp™ Tincture 1 fl. oz. 500 mg

Estimated Pain Level	26 - 45 lbs	46 – 85 lbs	86 – 150 lbs	151 – 240 lbs	Greater than 241 lbs
None to Mild	6mg = ~ 11 drops per day (6 am/5 pm)	9mg = ~ 17 drops per day (9 am/8 pm)	12mg = ~ 23 drops per day (12 am/11 pm)	*consider 1000mg	*consider 1000mg or 2500 mg
Medium	9mg = ~ 17 drops per day (9 am/8 pm)	12mg = ~ 23 drops per day (12 am/11 pm)	15mg = ~ 28 drops per day (14 am/14 pm)		
Severe	12mg = ~ 23 drops per day (12 am/11 pm)	15mg = ~ 28 drops per day (14 am/14 pm)	18mg = ~ 34 drops per day (17 am/17 pm) *consider using 1000mg		

A hypothetical example: For someone between 86 - 150 pounds in medium pain that builds up to 28 drops per day using 500mg bottle size, this bottle would last approximately one month if optimal dosing of 28 drops per day provides desired results.