



Client Handout: How to Take CBD Drops

There are many ways to benefit from CBD. The easiest and most accessible way is with Oral Drops, which come in a variety of different strengths, offer flexibility with dosing and are cost efficient.

Oral drops are taken sublingually, under the tongue where they can be quickly and easily absorbed by a rich bed of capillaries which effectively delivers CBD into the bloodstream and bypasses the digestive system. They take effect quickly, usually within around 20 minutes and last for an average duration of around 4 hours. This means the drops only need to be taken 2-3 times a day.

- Shake the bottle
- Use a mirror the first few times
- Count drops under your tongue
- Allow a few minutes before having anything to eat or drink.

The key to dosing is to understand how many mg of CBD per drop of CBD oil.

Here's a summary of our 10ml oils which contain a total of 200 drops per bottle:

- (2%) 200mg equates to 1mg CBD per drop
- (5%) 500mg equates to 2.5mg CBD per drop
- (10%) 1000mg equates to 5mg CBD per drop
- (20%) 2000mg equates to 10mg CBD per drop

If you're new to CBD, then it's best to start low and go slow. We want to slowly activate the Endocannabinoid System to get the best response from it.

Some people may notice improvements immediately, for others it may take 10 days for the ECS to 'wake up'.

Day	1-5	6-10	10+
Morning	5mg	10mg	>10mg
Night	5mg	10mg	>10mg

After 10 days you can start to be more flexible on how much you take and how often you take it. For example, you may find you only want to take it when you feel pain, or, you may find 15mg before bed is all you need for a great night. Many people find 20mg of Mighty Green CBD gets great results. The Foods Standards Agency recommend 70mg of CBD as the maximum daily dose.