



**MIGHTY
GREEN**

2% 200MG DROP GUIDE		
DAY	AM	PM
1-5	5 drops	5 drops
6-10	10 drops	10 drop
>10	>10 drops	>10 drop
Max	35	35

5% 500MG DROP GUIDE		
DAY	AM	PM
1-5	2 drops	2 drops
6-10	4 drops	4 drops
>10	>4 drops	>4 drops
Max	17	18

10% 1000MG DROP GUIDE		
DAY	AM	PM
1-5	1 drop	1 drop
6-10	2 drops	2 drops
>10	>2 drops	>2 drops
Max	7	7

20% 2000MG DROP GUIDE		
DAY	AM	PM
1-5	1 drop	0 drops
6-10	1 drop	1 drop
>10	>1 drop	>1 drop
Max	3	4

THANK YOU FOR CHOOSING MIGHTY GREEN CBD

We hope you enjoy your oral drops. Here's a guide on how to get started with them.

If you've never used CBD before, the first step is to introduce your body and your Endocannabinoid System (ECS) to CBD. This is best done gently and slowly regardless of which strength you bought.

Place drops under your tongue and try to hold there for at least a minute before swallowing. You might find it easier to stand in front of a mirror so you can count the number of drops.

Just to manage your expectations appropriately, don't expect to feel a significant difference to your symptoms or ailments straight away. You are simply introducing yourself to CBD, and sensitising your body to its presence to start with.

You may start to feel results at around day ten, but don't be discouraged if it takes slightly longer.

The idea is to start low, and go slow as you progressively up the dose every few days to find a sweet spot where you start to feel results.

According to the FSA, healthy adults should not take more than 70mg a day, unless a doctor agrees more. Any questions please reach out to us support@mightygreen.co.uk – we are here to help .