



DOSAGE TRACKER

A guide to Redeem™ CBD tinctures, basics dosages and effects.



TREASURE YOUR TINCTURE

CBD is botanical gold. Redeem™ CBD-rich hemp plants are like the Federal Reserve of cannabis. We have harvested the CBD oil from these plants, bottled it, and shipped this extract to you. Now you have the gold.

Our best advice? Treat your CBD like botanical gold to get all of the value it has to offer.

The best way to ensure that you receive the most effective benefits from your CBD oil is to manage your dose well. “But how?” you ask.

Remembering to take your CBD is not enough. Equally important is taking the correct amount of CBD. This “Dosage Tracker” is designed to help you do both.

COUNT EVERY DOSE SO THAT EVERY DOSE COUNTS

Developing a plan of attack is one thing; executing it is a different beast. The “Dosage Calendars” and “Dosage Journals” included in this document will help you to stay true to your intentions. As you fill them in, they track where you’ve been and provide insight as to where you should go. CBD is not a one-size-fits-all solution; doses must be tailored to the individual. The “Milligram Grid” doesn’t just display product specifications, but also serves as a dosing baseline. Start in the left column and increase your dose until your CBD is working at its best.

DAILY CBD INTAKE

Based on the number of sprays you take each day and the strength of your product, you will consume a set amount of CBD. These amounts are in milligrams. Tracking and adjusting this amount is the whole point of your dosing plan. In doing this, you are customizing your dose to meet the needs of your body.

DOSING START-POINT

If you aren’t sure how much CBD to take, consider starting your dose in the left-hand column of the Milligram Grid. As you learn how your body responds, increase your dose incrementally. Always consult your physician before beginning any supplement program.

BOTTLE LIFESPAN

Each bottle contains 30 milliliters of our finest hemp extract. That’s about 183 sprays. Divide 183 by the number of sprays you use each day and you basically have lifespan of your oil. Consult the Milligram Grid; we’ve crunched the numbers for you.

PRODUCT STRENGTH

We offers 3 strengths of CBD oil in the two formulas of our propriety Optimal Spectrum™ and the 0% THC Broad spectrum: 750mg of CBD, 1500mg of CBD and 3000mg of CBD. Choose your strength based on the amount of relief that you require. The higher the concentration, the more CBD you are getting with each spray.

MILLIGRAM GRID			
	3 SPRAYS PER DAY	6 SPRAYS PER DAY	9 SPRAYS PER DAY
750MG BOTTLE	12MG	25MG	37MG
1500MG BOTTLE	25MG	50MG	74MG
3000MG BOTTLE	50MG	100MG	148MG
	ONE BOTTLE IN 60 DAYS	ONE BOTTLE IN 30 DAYS	ONE BOTTLE IN 20 DAYS

DOSAGE CALENDER AND JOURNAL


Here is a handy calendar to help you track your weekly dosage of CBD. At the end of each day, Take a pen, and write down the number of sprays you’ve taken, and how you are feeling on a 1 to 10 scale. As your data takes shape, it paints a picture of your experience with CBD.


These pages become less of a calendar and more of a map that helps to guide your dosing decisions. While the “Dosage Calendar” shows plain facts, your “Dosage Journal” chronicles your story. Journal entries create context for interpreting the data of your calendar. Fill these spaces with the specifics of the day and how they relate to each dose taken.














































For example, if you just spent a weekend at the lake you might jot down “Went jet skiing – everything hurts”. Pairing entries like these with the calendar data gives you the exact information you’ll need to fine tune your dose.

Printable templates are featured on the next two pages.

DOSAGE CALENDAR

Number of sprays taken

Severity of condition on a 1 - 10 scale

	SUN	MON	TUE	WED	THU	FRI	SAT
	 	 	 	 	 	 	 
	 	 	 	 	 	 	 
	 	 	 	 	 	 	 

WEEK OF:

DOSAGE JOURNAL

SUNDAY

THURSDAY

MONDAY

FRIDAY

TUESDAY

SATURDAY

WEDNESDAY

Week Of:

DOSAGE CALENDAR

Severity of condition
on a 1 - 10 scale

Number of
sprays taken

SUN

MON

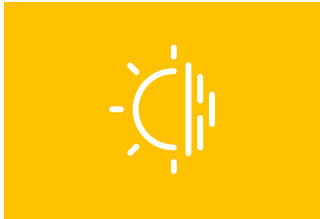
TUE



WED



THU



FRI



SAT







	
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WEEK OF:

DOSAGE JOURNAL

SUNDAY

THURSDAY

MONDAY

FRIDAY

TUESDAY

SATURDAY

WEDNESDAY

Week Of:
