

OIL DOSING GUIDE

Dosing cannabis oil is best accomplished through dose titration - taking small, measured doses until the desired symptom relief is achieved with the fewest side effects possible. A typical schedule will feature multiple small doses throughout the day. This is more favourable, as smaller doses won't habituate your system to the presence of THC as rapidly or completely, meaning it won't produce the same level of tolerance to the effects of THC.

Your starting dose will depend on the potency of your oil. A typical starting dose of THC is 2.5-5mg/day (depending on body weight) and a typical starting dose of CBD is 5-10mg/day. Because of this, it's best to get a low potency oil - 5-10mg/ml at most. CBD doesn't produce serious side effects, habituation, or tolerance, and can be titrated less precisely than THC.

Keep in mind that, depending on your condition, your doctor may suggest a different starting dose or dosing schedule.

For THC-dominant oil: As an example, we'll use an oil with a potency of 10mg/ml.

At this potency, an optimal starting dose would be:

- Day 1: 0.1ml, or ~1mg of THC, 3-4x per day. (Stay at this dose if symptoms are well controlled.)
- Day 2: 0.2ml, or ~2mg of THC, 3-4x per day. (Stay at this dose if symptoms are well controlled.)
- Day 3: 0.3ml, or ~3mg of THC, 3-4x per day. (Stay at this dose if symptoms are well controlled.)
- Day 4: 0.4ml, or ~4mg of THC, 3-4x per day. (Stay at this dose if symptoms are well controlled.)
- Day 5: 0.5ml, or ~5mg of THC, 3-4x per day. (Stay at this dose if symptoms are well controlled.)

If you start experiencing any uncomfortable side effects of THC (anxiety, dry mouth, appetite overstimulation, etc), revert to a lower dose. If your symptoms aren't controlled by this dose, explore adding CBD into your regimen, which can curb the uncomfortable side effects of THC, and provide additional symptom relief.

For CBD-dominant oil: As an example, we'll use an oil with a potency of 10mg/ml.

At this potency, an optimal starting dose would be:

- Day 1: 0.1-0.2ml, or ~1-2mg of CBD, 3-4x per day. (Stay at this dose if symptoms are well controlled.)
- Day 2: 0.2-0.4ml, or ~2-4mg of CBD, 3-4x per day. (Stay at this dose if symptoms are well controlled.)
- Day 3: 0.3-0.6ml, or ~3-6mg of CBD, 3-4x per day. (Stay at this dose if symptoms are well controlled.)
- Day 4: 0.4-0.8ml, or ~4-8mg of CBD, 3-4x per day. (Stay at this dose if symptoms are well controlled.)
- Day 5: 0.5-1.0ml, or ~5-10mg of CBD, 3-4x per day. (Stay at this dose if symptoms are well controlled.)

CBD oil won't typically cause side-effects at these doses, but some may experience minor drowsiness or dizziness. If this happens, revert to a lower dose.