

## HOW MUCH CBD OIL SHOULD YOU USE?

There is no official serving size for CBD oil because everyone reacts differently to cannabinoids. In order to determine the right CBD oil dosage, these are some ranges to consider.

LOW

START WITH A 5-10 MILLIGRAM DOSE

MEDIUM

START WITH A 10-20 MILLIGRAM DOSE

HIGH

START WITH A 20-40 MILLIGRAM DOSE



## HOW LONG DOES IT TAKE CBD OIL TO WORK?

It's generally recommended that you use CBD oil about one hour before desired benefits. Typically, you'll notice the positive effects within 30-60 minutes.

The benefits of CBD oil for pain will last about 4-6 hours, depending on the dosage. If you have other needs, then you may



## IS MY STARTING DOSE WORKING?

Once you and your healthcare professional have pinpointed your specific goals and determined your situation, you'll start with

- It's better to start with lower doses and work your way up. Why? Because everyone has a different sensitivity to cannabis compounds. Some people only need a very small amount to notice the beneficial effects, while others may need higher doses.
- Start on the lower end of your recommended dosage range and take that amount consistently for 3-7 days. Keep going back to your initial goals and evaluate whether this starting dose is improving your symptoms.
- It's working? Great! Stick with this dose, which can be taken 1-3 times daily or according to directions and your healthcare professional.
- Don't notice any improvements yet? Then check with your healthcare professional to see if you can increase your dose by 5 milligrams and stick with this new amount for another 3-7 days

Keep this cycle going until you've found the right CBD dosage for you.

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# CBD

Banner Harvest Farm produces the highest quality, farm-grown, pharmaceutical-grade organic hemp in the industry. All Banner Harvest products are independent laboratory certified for purity, quality and label integrity.



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## ARE YOU EXPERIENCING ANY OF THE FOLLOWING SYMPTOMS?

- ☐ INFLAMMATION
- ☐ NAUSEA
- ☐ HOT FLASHES
- ☐ HEADACHES
- ☐ JOINT PAIN
- ☐ MUSCLE PAIN
- ☐ BACK PAIN
- ☐ ANXIETY
- ☐ DIGESTIVE ISSUES
- ☐ SPASTICITY
- ☐ TROUBLE SLEEPING
- ☐ CRAMPS
- ☐ FREQUENT URINATION
- ☐ PSORIASIS

IF YOU ANSWERED YES TO ANY OF THE SYMPTOMS ABOVE, CBD MAY BE RIGHT FOR YOU.



- We are a lab-tested, certified and insured.
- CBD will not get you “high”.
- There are no preservatives, artificial flavors, or sweeteners. There are NO additives or dyes.
- Our products are gluten-free, soy-free, vegan.
- Our formulated products contain non-gmo sunflower lecithin which helps the body's ability to absorb CBD.

## WHAT'S THE DIFFERENCE BETWEEN THC & CBD?

CBD is the medicinal aspect of the cannabis plant, whereas THC is the psychoactive component.

### WHAT IS CBD? CBD STANDS FOR CANNABIDIOL

The CBD found in hemp is quickly becoming the focus of widespread medical and scientific research. CBD is the single most prominent naturally-occurring cannabinoid component found in industrial hemp plants.

Cannabidiol is “a cannabinoid devoid of psychoactive effect,” meaning that you will not become intoxicated if you consume CBD. After THC ( $\Delta^9$ -tetrahydrocannabinol), CBD is by far the most studied natural cannabinoid. According to many researchers, CBD may be the single most important cannabinoid ever discovered, and might have great potential when it comes to increasing vitality in both animals and humans.



## HOW OUR HEMP IS GROWN

We are involved in all aspects of how our hemp oil is made and we closely monitor every step of the production and farming process.

In order to make the highest quality hemp CBD products, we have to start by making sure that our hemp's quality is second-to-none. That is why we are the hemp cultivator, and all of our hemp is grown for its elevated cannabidiol (CBD) content. Our special high-CBD hemp plants are sustainably grown and harvested on our family farm in Banner, Illinois.

Once harvested, our hemp is carefully processed and undergoes testing for purity and CBD content. The result is a premium quality and ultra-concentrated hemp CBD product.

Our commitment to the environment is one of the cornerstones of our mission to bring hemp CBD into the world. We believe in sustainable agriculture and growing non-GMO, all natural crops.

We grow our hemp using organic farming practices so there is no need for toxic fertilizers or pesticides. Hemp is naturally resistant to pests and can be easily cultivated without harmful pesticides.