



Green Heart Growth ROOT

Phytocannabinoid-Rich Hemp Extract

Recommended CBD Dose Chart

www.greenheartgrowth.com

Functional Health Starts at the ROOT.

Based on Customer Feedback and Research, ROOT is Potentially Beneficial with Above Average Arthritic Joint Pain, Anxiety, Depression, Allergies, Insomnia, Migraines, Hyperactivity, Lack of Energy and more.

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This Chart was created with Data accumulated from customer feedback, suggestions, and doses used in Research Studies. This is only a recommendation and has not been approved by anyone. Any studies used are cited or are posted at www.greenheartgrowth.com Clinical Trials indicate benefits based on as little as 10mg CBD/day up to 1500mg CBD/day. All without significant side effects

Barchel D, Stolar O, De-Haan T, et al. **Oral Cannabidiol Use in Children With Autism Spectrum Disorder to Treat Related Symptoms and Co-morbidities.** *Front Pharmacol.* 2019;9:1521. Published 2019 Jan 9. doi:10.3389/fphar.2018.01521

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6333745/>

ROOT Recommended Total Daily Dose in Milligrams CBD. For best results, take on an empty stomach. Take 1/2 the dose in the morning and the other 1/2 dose in the evening **OR** take 1/3 in the morning, 1/3 between lunch and dinner, and a 1/3 at night.

Weight in Pounds	Recommended Total Daily Dose of CBD	Total ml ROOT/Day
<150 lbs.	42.5mg CBD	1/4ml
151-200 lbs.	85mg CBD	1/2ml
201-250 lbs.	127.5mg CBD	3/4ml
>250 lbs.	170mg CBD	1ml