



# Green Heart Growth HEART

Phytocannabinoid-Rich Hemp Extract

Recommended CBD Dose Chart

[www.greenheartgrowth.com](http://www.greenheartgrowth.com)

## Embrace Functional, Healthy Balance with HEART

Based on Customer Feedback and Research, HEART is Potentially Beneficial for relief of mild Arthritic Joint Pain, Anxiety, Allergies, Migraines, Sleep Issues and more.

[WWW.GREENHEARTGROWTH.COM](http://WWW.GREENHEARTGROWTH.COM)

**Please Note:** 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](http://www.greenheartgrowth.com)

**A Systematic Review of Cannabidiol Dosing in Clinical Populations** studied CBD dose amounts and it's effects. The formula utilized below took into account the review's dosage data. The fantastic article is referenced below.

Millar, SA, Stone, NL, Bellman, ZD, Yates, AS, England, TJ, O'Sullivan, SE. **A systematic review of cannabidiol dosing in clinical populations.** Br J Clin Pharmacol. 2019; 1– 13. <https://doi.org/10.1111/bcp.14038>

**HEART 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	Total
<100 lbs.	17mg CBD	1ml
101 - 175 lbs.	25mg CBD	1.5ml
176 - 225 lbs.	34mg CBD	2ml
>225 lbs.	42.5mg CBD	2.5ml

**We Recommend our ROOT Hemp Extract Oil for >225 lbs. Just 1/4ml of ROOT contains 42.5mg CBD. Higher Concentration of PCR to MCT Oil.**