



1 SINGLE DROP

Not a dropper full

OUR CBD OIL IS SOLD FOR TOPICAL USE

There are around 200 drops in every 10ml bottle. Each drop is approx. 0.05ml. A full dropper holds around 1ml or 20 drops.

15% CBD Oil (1500mg) is 7.5mg per drop, 150mg per dropper.

10% CBD Oil (1000mg) is 5mg per drop, 100mg per dropper.

**FOR FURTHER INFORMATION
VISIT WE-THRIVE.CO.UK**

EVERYONE IS DIFFERENT - WE ENCOURAGE YOU TO...

Start Low and grow!

Here is an example of micro-dosing:

Week 1 - One drop, three times per day

Week 2 - Two drops, three times per day

Week 3 - Three drops, three times per day

...and then increase as desired.

Thrive recommended maximum dosage is 200mg per day.

On average, a 10ml bottle will last between three and five weeks, depending of course on your daily dose.

There isn't a 'one size fits all' solution, and as you increase your dosage, you may choose to take CBD Oil three or four times per day, or you may choose to apply all of your drops in one single dropper.

It's wise to start 'slow and low' with CBD Oil. Being responsible and building up gradually will allow you to personalise your progress until you have worked out what dosage works for you.

We're all individuals, and as such we all have individual needs, but once you have

found your fit, there is no need to increase, simply stick, as it is working. It may take a few weeks for you to feel the benefits of CBD Oil, but be patient and monitor your chosen approach and routine.

If you experience any side effects, then take a break for at least one day and then return to your previous lower dose. You'll quickly work out what's best for you. Side effects can be due to exceeding what your body needs, or the carrier oil. Our carrier oil is vegetable glycerine, so it's completely organic.

Being responsible, if you have medical health concerns, we always encourage you in the first instance to consult your doctor.

Thrive™ | **PURE BY NATURE**

SHOP AT WE-THRIVE.CO.UK