

## Dosing and Administration

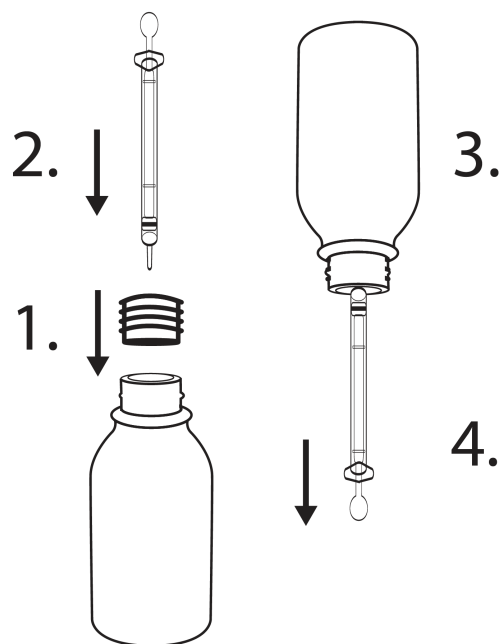
Everyone metabolizes CBD differently, so talk to your Healthcare Practitioner about an ideal dose for you. You may need to try different amounts until you get the desired effect. As a general guideline, start low and go slow. Start with a small amount and increase the dose gradually to find what works best for you. If you have any questions about your medication or how you are responding to it, always check with your Healthcare Practitioner.

Once you determine your ideal dose, you can take the same dose every time, thanks to the consistent quality of Cortalex™. Please use the medication dispenser provided to allow for precise dosing of Cortalex™.

**Every 30 mL bottle of Cortalex™ 100 contains 3,000 mg of CBD.**

Cortalex – 100 CBD Oil	
Milligrams of CBD per gram of Product	Milligrams of CBD per milliliter of Product
(mg/g)	(mg/mL)
105.82	100
<b>Dosing Table</b>	
Intended Dose CBD (mg)	Intended Dose CBD Liquid (mL)
25 mg	0.25 mL
50 mg	0.5 mL
100 mg	1.0 mL
200 mg	2.0 mL
400 mg	4.0 mL
600 mg	6.0 mL

1. Press bottle adapter firmly into mouth of the bottle.
2. Ensure that the plunger is fully depressed into the medication dispenser. Fit the tip of the medication dispenser into the adapter.



3. Turn bottle with adapter and dispenser upside down.
  4. Fill the medication dispenser by gently pulling the plunger outwards until the required amount is drawn into the dispenser.
- When complete, return bottle with adapter and dispenser to an upright position. Remove dispenser from adapter.