

Quick Start Guide



TINCTURE OIL DROPS

Start with one full 1ml dropper every evening. Hold under tongue for 60 seconds, then swallow. Repeat daily. If you don't notice your desired effect after 3 days, increase by adding 1/2 dropper in the morning

If using a higher strength oil (2000 mg), you can start with a 1/2 dropper and work your way up.



CBD SOFTGELS

Start with one softgel (25 mg) in the morning or evening. (*Take in evening only for our *PM Formula Softgels*)

Repeat daily.

If you don't notice your desired effect after 3 days, take an additional softgel or supplement as needed with our *CBD Tincture oils*.



TOPICAL FREEZE CREAM

In addition to muscle/nerve pain, this product is commonly used for arthritis/ joint discomfort, and on the temples for headaches.

Use as needed; a little goes a long way!

Think you need a different routine?

We're happy to help!

email hello@profusion-cbd.com