

ROYAL CO

Oil Fact Sheet



CBD Oil

1st day: 0.5ml by mouth 2-3 times per day

2nd day: 0.6ml by mouth 2-3 times per day

3rd day: 0.7ml by mouth 2-3 times per day

4th day: 0.8ml by mouth 2-3 times per day

5th day: 0.9ml continue to increase, each day, until desired relief achieved

6th day: 1.0ml continue to increase, each day, until desired relief achieved

There is NO maximum recommended serving for CBD

THC Oil

1st night: 0.2ml by mouth 90 minutes before bed

2nd night: 0.2ml by mouth 90 minutes before bed

3rd night: 0.3ml by mouth 90 minutes before bed

4th night: 0.3ml by mouth 90 minutes before bed

5th night: 0.4ml by mouth 90 minutes before bed

6th night: 0.4ml by mouth 90 minutes before bed

Increase recommended serving by 0.1ml every 2 nights. THC remains active in the body for 8-12 hours. Do not drive or operate heavy machinery after consumption. Do not utilize during working hours.



SATIVA STRAINS

Early evening or morning use

THC remains active in the body for 8-12 hours. Do not drive or operate heavy machinery after consumption. Do not utilize during working hours.

CBD STRAINS

Daytime/Evening/Weekend use

Indica, Sativa or Hybrid Strain. Some are Pure CBD (<1.5% THC) with no Psychoactive effects while others can be Balanced (1:1) meaning it contains both CBD and THC, thus providing the potential benefits of both. Never take any cannabis product with THC before driving. Amount of cannabinoid ingested per recommended serving may vary slightly based on the concentration of your medicine, but most average 20-22 mg/ml**Consult with your healthcare professional for your optimal dose.

SATIVA STRAINS

Evening and Pre-bedtime use

THC remains active in the body for 8-12 hours. Do not drive or operate heavy machinery after consumption. Do not utilize during working hours.