



## Country Girl Hemp™ Tincture 1 fl. oz. 2500 mg

2500mg divided by 30ml (1 fl. oz) = 83mgs / 30 drops = 1ml / 30 servings of 30 drops per bottle

83mgs divided by 30 drops = each drop contains approximately 2.8mg of Full Spectrum Hemp Extract

A hypothetical suggested dosing chart regarding the issue of pain and body weight.

This is a partial chart from <https://honestmarijuana.com>:

Estimated Pain Level	86 – 150 lbs	151 – 240 lbs	Greater than 241 lbs
None to Mild	12mg	18mg	22.5mg
Medium	15mg	22.5mg	30mg
Severe	18mg	27mg	45mg

Hypothetical Dosing Chart - if this product works best for you.

## Country Girl Hemp™ Tincture 1 fl. oz. 2500 mg

Estimated Pain Level	86 – 150 lbs	151 – 240 lbs	Greater than 241 lbs
None to Mild	12mg = ~4 drops per day (2 am/2 pm)	18mg = ~6 drops per day (3 am/3 pm)	22.5mg = ~8 drops per day (4 am/4 pm)
Medium	15mg = ~5 drops per day (3 am/2 pm)	22.5mg = ~8 drops per day (4 am/4 pm)	30mg = ~11 drops per day (6 am/5 pm)
Severe	18mg = ~6 drops per day (3 am/3 pm)	27mg = ~10 drops per day (5 am/5 pm)	45mg = ~16 drops per day (8 am/8 pm)

**A hypothetical example:** For someone over 241 pounds in severe pain that builds up to 16 drops per day using 2500mg bottle size, this bottle would last approximately 54 days if optimal dosing of 16 drops per day provides desired results.

This individual would be taking 16 drops per day which would give them approximately 54 days of dosing, give or take.