PREMIUM HEMP
PURE SHENANDOAH

HOW TO USE CBD

FACTORS TO CONSIDER WHEN CONSUMING CANNABIS

(1) GOALS

- Reduce Stress
- Improve Sleep
- Control Diet
- Faster Recovery
- Pain Management
- Stabilize Mood
- Enhance Mood
- Enjoyment

(2) PERSONAL TRAITS

- Gender
- Metabolism
- Weight
- Sensitivity
- Experience
- Pre-Existing Conditions

(3) CANNABINOIDS

There are 100+ cannabinoids, including: CBD, CBN, CBG, THC

They can be more effective when taken together - known as the "ENTOURAGE EFFECT"

(4) TERPENES

Smell, Taste, Effect

(5) DELIVERY METHOD

- Topical
- Oil
- Edible
- Smokeable
- Vape

(6) MOOD

What environment are you in?
How do you feel?

(7) DOSE

Amount (mL) +
Strength (mg) per use

(8) FREQUENCY

How often?
What time of day?
How consistent?