



Dosing by Weight Guidelines for New Patients

There are a few “sweet spots” for certain conditions. For migraine and fibromyalgia, a 1:1 CBD:THC works well for about a third of patients. For seizures, 12:1 CBD:THC has been a good starting point. Nausea patients and those needing to gain weight tend to do better on THC with minor amounts of CBD. For starting patients on tinctures, the following guidelines titrate “low and slow”.

Weight / Body Type	Starting Dose	Increase By	Every	Augment With
Child under 90 lbs	CBD 1mg - 5mg	1 mg -2.5 mg	15 mins, up to 4 times	1 - 2.5mg THCa, or 1 mg THC as needed
Ectomorph or >150 lbs	CBD 2.5-5 mg	2.5 mg	20 mins, up to 4 times	1-2.5 mg THCa or THC
Any type up to >200 lbs	CBD 5-10 mg	2.5 mg - 5mg	20 mins, up to 5 times	2.5 mg THCa week 1, 2.5 - 5mg THC week 2
Endomorph or <200 lbs	CBD 10-15 mg	5 mg	20 mins, up to 6 times	2.5 - 5 mg THCa week 1, 5- 10 mg THC week 2