Lyphe Australia

Dosing Guide

- Follow prescription as directed by doctor (printed on bottle)
- Do not exceed maximum daily limit (generally < 1.5mL/day)
- Your ideal dose depends on your body and its metabolism, our clinical team will work with you to get it right over the next weeks and months
- “Start low and go slow”. Increase your dose by small increments every few days until you reach an effective dose to control your symptoms. e.g. 0.1mL or 0.25mL per increment
- Your prescription should say take once or twice per day (BD). You are able to break it into 3 or 4 doses, or adjust the amounts per dose, as long as you stay under the daily max limit
- It can take 1-2 hours for the dose to reach peak effect in your body. The duration of effect is generally between 4-6 hours, though this can be longer at high doses. If you can ingest something fatty with your oil it may absorb better, e.g. a spoon of peanut butter or yoghurt
- For information about side effects, driving laws and whole flower/vaporisers, please see our other guides

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Lyphe Australia

Dosing Diary

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day	0.25ml						
Night	0.25ml						
Relief?	✓						

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day							
Night							
Relief?							

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day							
Night							
Relief?							

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day							
Night							
Relief?							

Start low and go slow!*

CBD	0.25mL
Low THC	0.25mL
High THC	0.25mL

* suggested - always follow prescription

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