



ADULT

CANNABINOID DOSING GUIDELINES

The following guidelines are formulated from collective client data. We recommend monitoring and responding to your individual symptom relief. "Adult" refers to those who are 100 pounds and heavier. These guidelines are not intended to diagnose, treat, cure or prevent any disease. All information presented here is not meant as a substitute for or alternative to information from health care practitioners.

ADULT INTAKE: CBD

SUGGESTED DOSING FOR ADULTS WHO ARE NOT "MEDICALLY-SENSITIVE":

- Starting dose: Take 50mg daily, *divided into 2-3 administrations*
- Monitor symptoms for 3-4 weeks; if you need further symptom relief, increase the *total daily dose* by 50mg
- If symptoms worsen, decrease *total daily dose* by 25mg
- Upon improvements, the client should stay on their current dose to maximize improvements of that dosing level

EXAMPLE DOSING REGIMEN: NOT "MEDICALLY-SENSITIVE"

	Total Daily Dose	If Taken 2x Daily	If Taken 3x Daily
Weeks 1-4	50mg	25mg 2x daily	16.7mg 3x daily
Weeks 5-8	100mg	50mg 2x daily	33.3mg 3x daily
Weeks 9-12	150mg	75mg 2x daily	50mg 3x daily
Weeks 13-16	200mg	100mg 2x daily	66.6mg 3x daily

SUGGESTED DOSING FOR ADULTS WHO ARE "MEDICALLY-SENSITIVE":

- Starting dose: Take 25mg daily, *divided into 2-3 administrations*
- Monitor symptoms for 3-4 weeks; if you need further symptom relief, increase the *total daily dose* by 25mg
- If symptoms worsen, decrease *total daily dose* by 12.5mg
- Upon improvements, the client should stay on their current dose to maximize improvements of that dosing level

EXAMPLE DOSING REGIMEN: "MEDICALLY-SENSITIVE"

	Total Daily Dose	If Taken 2x Daily	If Taken 3x Daily
Weeks 1-4	25mg	12.5mg 2x daily	8.3mg 3x daily
Weeks 5-8	50mg	25mg 2x daily	16.7mg 3x daily
Weeks 9-12	75mg	37.5mg 2x daily	25mg 3x daily
Weeks 13-16	100mg	50mg 2x daily	33.3mg 3x daily

ARE YOU "MEDICALLY-SENSITIVE"?

Determine if the adult is "medically sensitive", defined by one or more of the following:

1. Sensitive to medical interventions,
2. Is on pharmaceuticals,
3. Has LGS,
4. Has *only* absence seizures, or
5. Has *only* myoclonic seizures

If the client is on an AED, anti-epileptic drug, locate the AED Potential Interaction Chart (at www.theroc.us, login to Client Portal) for indications of potential AED interactions.

Be sure to dose CBD at least two hours apart from pharmaceutical medications.

Dosing for adults who are "medically-sensitive" begins lower and increases in smaller increments; the therapeutic dose is determined by symptom relief and may or may not be lower than dosing for adults who are not medically-sensitive.

CANCER DIAGNOSIS

These guidelines are for all diagnoses except for cancer. If you have a cancer diagnosis, please review our cancer dosing guidelines document and call our Care Team for further information at (719) 347-5400 option #1.

Sometimes the endocannabinoid system can become saturated with prolonged use, therefore it is possible that you can slightly decrease dosing at that time.



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ADULT INTAKE: THC

THC, or tetrahydrocannabinol, is psychoactive and binds to receptors in the brain. It can act as an anti-convulsant, anti-spasmodic, sleep aid, and behavioral aid. Watch for adverse effects when starting THC.

For seizure disorders: THC is a pro-convulsant for about 10% of individuals who have a seizure disorder.

SUGGESTED DOSING

Because THC can cause psychoactive effects, it is recommended to take your first few administrations in a safe and familiar setting on a day when you don't have any commitments.

- Take 5mg daily, *divided into 2-3 administrations*

Total Daily Dose	If taken 2x daily	If taken 3x daily
5mg total daily	2.5mg 2x daily	1.67mg 3x daily

- Monitor symptoms, and increase THC intake as tolerable, and as needed for symptom relief.

• If THC causes undesired side effects, such as a psychoactivity, it is important to increase your daily doses very slowly. If you are concerned about increasing your doses, it is encouraged to increase 5mg weekly as tolerated, and monitor symptom control.

New Total Daily Dose	If given 2x daily	If given 3x daily
10mg total daily	5mg 2x daily	3.3mg 3x daily

- Upon improvements, the client should stay on their current dose to maximize improvements of that dosing level. Sometimes the endocannabinoid system can become saturated with prolonged use, therefore it is possible that you can slightly decrease dosing at that time.

ADULT INTAKE: THC-A

THC-A, or tetrahydrocannabinol-acid, is chemically similar to THC but is nonpsychoactive. Reported benefits include anti-emetic, anti-inflammatory, antiproliferative, anti-spasmodic, and neuroprotective. Although it is nonpsychoactive, it is a fragile chemical and if it is left in heat, light, or air for too long, it can convert into THC and may cause a high.

SUGGESTED DOSING

- Take 5mg daily, *divided into 2-3 administrations*

Total Daily Dose	If taken 2x daily	If taken 3x daily
5mg total daily	2.5mg 2x daily	1.67mg 3x daily

- Monitor symptoms; every 3-4 weeks, if you need further symptom relief, increase the *total daily dose* by 5mg.

New Total Daily Dose	If given 2x daily	If given 3x daily
10mg total daily	5mg 2x daily	3.3mg 3x daily

- If you reach a *total daily dose* of 20mg, stay at 20mg daily for a few months and monitor symptoms; this is the typically the high end of the therapeutic range.

- Increase THC-A if it provides you further symptom relief.

- Upon improvements, the client should stay on their current dose to maximize improvements of that dosing level.

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