

PRODUCT(s) SELECTED

Brand	Bottle Size	Total CBD or CB	Total THC
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Healer CBDA (keep refrigerated)	14mL	700mg CBD	-23mg
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Starting Dose 0.1mL (4 drops) . This is the equivalent of -5mg CBDA per dose.

NOTE: mg = total milligrams of CBD, mL = volume of oil to administer

Positive Results to Look for: _____

Ask yourself what result do I want to see? i.e. decrease in, paw licking/bitin, sneezing and hot spots/red inflamed area, easier breathing, improved odor happier and more comfortable.

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STEP 1: Finding the OPTIMAL DOSE

The optimal dose is defined as: Minimum amount of product for best desired result(s).

Shake bottle well. Give suggested starting dose 2x a day for 2 days.

If there are NO Negative responses (see below), but also NO Positive change, INCREASE the dose by 0.05mL (2 drops) every 2 days.

Continue to increase each dose until you observe:

- a) any negative/undesired response. or
- b) any shift in the positive direction (no matter how slight), or
- c) until you just feel comfortable

If you observe any negative response, DECREASE the dose by 0.05mL (2 drops) to 0.1mL (4 drops) every 2-3 days.

When you observe a positive desired response, record the following:

the date _____ and the amount given _____ mL. This is the Optimal Dose.

If you get to 0.5mL per dose (half dropper), and still not seeing any positive result or if any negative results are not diminishing, please contact us for additional guidance.

TIP: Administer the first few doses when you are home to observe, don't give the CBD and leave for work or go to bed, for Sundowner symptoms or situational anxiety, plan to give one dose 1 hour prior to symptom onset See page 3 for how and when to administer.

****RULE OUT ANY NEGATIVE or UNDESIREED RESPONSES**

Observe for signs of anxiety, agitation, excessive lethargy, negative change in symptoms, excessive thirst, loose stool/diarrhea or if your pet becomes wobbly or dazed. If these symptoms occur, reduce each dose you are giving by 0.05mL (2 drops) to 0.1mL (4 drops) until undesired effects are eliminated.

STEP 2: Administering the THERAPEUTIC DOSE to activate the ECS

The therapeutic dose is: The Optimal Dose given consistently over a period of 14 days. This method is where we generally see the best outcomes. On average, it takes 7-14 days of consistent dosing to fully activate/saturate the endocannabinoid system (ECS).

Administer the OPTIMAL Dose 2x a day for a full 14 days.

Begin counting from the first date you notice a positive shift as recorded on page 1.

If, during the Therapeutic Dosing stage, you notice any undesired effects, reduce the dose given by 0.05mL (2 drops) to 0.1mL (4 drops) or reduce the frequency from 2x a day to just 1x a day.

On day 15 (after 14 days of the OPTIMAL dose, as recorded on page 1), you can make the decision to continue giving the Therapeutic Dose or begin to experiment in determining a MAINTENANCE dose. See Step 3 below for instructions.

Tip: After using the CBD orally for the 14 day therapeutic period, consider adding a few drops topically to any areas that of particular concern, such as the paws, try to rub it between the toes, or apply to inside of ear flaps (careful not to let it drop in to the canal). If you pet can reach the area you are applying, be sure to use the distraction method when applying, i.e apply and go for a walk, offer food or just cuddle for a bit.

STEP 3 – Determining the MAINTENANCE DOSE

The maintenance dose is: The amount of product your pet needs to maintain the desired results.

After 14 days of observing positive results, you may choose to begin to taper back on the frequency of the dose given. Reasons for doing so include budget constraints, challenges in administering the oil or volume of oil for desired result. The good news is that cannabinoids are heavy and stay in the body a long time, so they are still working for us even if we aren't taking them every single day. For many animals, after the initial Therapeutic Dose, the family are able to give the products with less frequency and still maintain the positive desired outcome.

For example, if you are giving 0.3mL 2x a day, cut back to 0.3mL 1x a day for a week and notice if you to continue to see same positive results. If symptoms return, go back to 0.3mL 2x a day.

If your pet seems to be doing well on 1x a day dose, then the following week, reduce the dose to every other day. Continue to titrate up/down based on how your pet responds/what you are observing.

Many find that once they see a positive shift, they are able to use CBD/cannabis products as a maintenance supplement rather than as a daily routine. How much and how often your pet will need to dose is as unique as your pet is. When you find the right MAINTENANCE Dose, it can be life altering.

HOW TO ADMINISTER

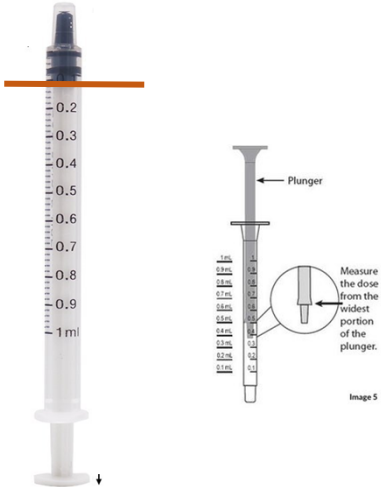

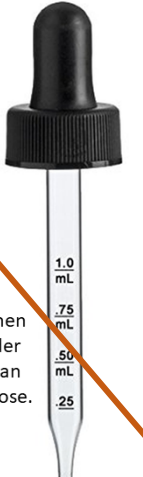
It is always best to administer when you are home and can monitor the results for first couple of doses. We see best outcome when product is given consistently for a minimum of 7-14 days.

- ✓ Remember to separate the administration of the CBD product from most prescription medications by 2-3 hours. For drugs in the Benzodiazepine or Steroid family, separate administration by 3-4 hours.
- ✓ BEST: administer direct from the syringe or dropper, between the cheek and gum or directly on the gums (using your finger), if your pet will take it that way willingly.
- ✓ NEXT BEST: Put the dose it on a treat or a bite of food (this ensures full concentration of the dose is taken in a single swallow). Goat milk, bone broth or cream cheese are great options.
- ✓ For uncooperative cats, place the oil on your clean fingers and gently rub onto the inside of the ears flap where you see the blood vessels. Be extra careful not to let the oil drip into the canal. Switch ears at each dose.

DO NOT mix into the food bowl or add to the water dish

- ✓ Use as a topical for localized pain, skin conditions or observable growths/tumors, you can rub or massage a few drops of the tincture directly into the area in addition to the oral administration. Start with 2 drops and a patch test.

Below, are the different methods of measuring the dose. The most precise and our preferred method is to use a 1mL syringe when administering less than 0.25mL. This also aids in accurately titrating up or down. The oil will cause the numbers to wear off, so we always provide you with additional syringes.

Method 1 – Syringe MOST PRECISE	Method 2 – Drops	Method 3 - Dropper
	<p>0.05mL = 2 drops 0.1mL = 4 drops 0.15mL = 6 drops 0.2mL = 8 drops 0.25ml = 10 drops</p>  <p>NOTE: Viscosity of oil does vary. On average each mL is a total of 40 drops</p>	 <p>LEAST PRECISE when administering under 0.25mL, but you can eyeball it to get close.</p>

1mL syringes may be purchased from Amazon (best pricing) or sometimes your local pharmacy (you have to ask at the counter and ensure it is a 1mL syringe).

DOSING FOR ACUTE SITUATIONS

In some cases, it may be appropriate or helpful to give an extra dose or go back to a Therapeutic regime. The good news is that CBD is safe and in most instances, can be given as needed.

- Anxiety/stress about being in a vehicle, travelling, loud noises (4th of July/airshows), vet/grooming visits, visitors or a new environment
- ✓ Signs of distress/discomfort or return of/worsening of symptoms between doses
- For seizures, many find giving an additional dose during -or- right after is helpful

Patience, Consistency and Observation are Key to Success.

Remember, there is no one size fits all with cannabinoids. Every animal (and person) will respond differently. If one product doesn't work, change the dose or switch to a different brand. When you find what works, stay with it consistently. If it stops working, adjust again.

Following are some notable results and brief examples of dosing strategies:

DOG SUFFERING FROM HIP DYSPLASIA

Started at 0.2mL 2x a day for 7 days = 20mg total CBD daily. On Day 5, we saw no positive improvement, and no negative responses. On day 6, increased dose to 0.3mL for 3 more days and saw a little improvement. On Day 10, increased to 0.4mL and began to see significant improvement. Kept her dose for 14 days and were thrilled with the results. Pup was getting up and down easily, running, able to maneuver the stairs, much more her old self. On day 15, cut back to 1 dose a day and did that for 7 days. She was still doing great. After another week, tried taking her to every other day, but noticed stiffness returned, so kept her on 0.5mL 1x a day.

KITTY WITH NASAL POLYPS (causing constant mucous nasal dripping)

Started at 0.1mL and titrated up to full 1mL 2x a day. No improvement to symptoms. Switched products, but this time started at 0.5mL 2x a day and saw improvement within a couple days. Added THCA 0.05mL to the CBD 0.5mL 2x a day and the symptoms disappeared. Dosed at this level for 2 weeks and began to titrate back. Symptoms reappeared so we adjusted to 0.5mL CBD and 0.05mL THCA 1x a day.

DOG WITH A BRAIN TUMOR

Started with a more aggressive dose at 0.4mL and saw nearly immediate improvement in seizure frequency and vertigo symptoms. Continued to titrate up until seizures and vertigo symptoms were gone. This was a 3-month process. For the next 6 months, gave a low maintenance dose and when signs of seizures or vertigo returned, he was put back onto a higher dose regime for 5-7 days. He has been seizure free for over a year now and gets a maintenance CBD dose 1-2x a week. If symptoms begin to return, usually manifested by a glaze in his eyes, the family goes back to a therapeutic dosing regime and then slowly takes him back down.

YOUNG KITTY WITH ANXIETY/IBD

Started with a dose of 0.2mL 2x a day. Saw some improvement in quality of stool (which was very loose at beginning of protocol). Increased dose to 0.4mL, but kitty became very sleepy. Dose was decreased to 0.2mL and given 3x a day and symptoms began to level out and visits to litter box were much more comfortable and stools were firmer. Anxiety manifested as hiding, incessant meowing and generally unhappy reduced by 80%. After 60 days of CBD use, symptoms mostly subsided and dose reduced to every other day.

FREQUENTLY ASKED QUESTIONS

What is the upper limit for the amount of oil to be given per dose or per day?

The answer to this question varies greatly. For most pets, 0.5mL 2x a day or a full dropperful daily can be hard on the system and also the budget. As you titrate up, following the guidance on determining the Optimal Dose and you get to 0.5mL, it may be wise to consider a formula with a higher concentration of CBD so that less oil may be administered. Contact our office for guidance and/or alternative options.

How often should I give the Optimal Dose?

We recommend the Optimal Dose be given at least 2x a day for a minimum of 7-14 days. Cannabinoids are not one size fits all and every situation yields different results, but the 2x a day protocol for the 7-14 days is where we see the best results.

When should I begin counting the 7-14 days for the Therapeutic Dose?

Generally speaking, the countdown of the 14 days begins the day you record a positive shift. The shift may be very slight, but that signals something good is happening. Record the date and the dose as per the instructions in Step 1 and begin counting the 7-14 days of the Therapeutic Dose from that day forward. Most families find their optimal dose within a few days.

We started the CBD 3 days ago and are not seeing any positive changes, why isn't it working?

Our endocannabinoid systems are all unique and when/how we respond can vary. The biggest key here is patience. Follow the protocol and allow the cannabinoids to do their work. As long as your pet is not exhibiting any negative results, allow at least a 14 day period of consistent dosing to see the positive reactions.

My dog/kitty became wobbly or very dazed after giving CBD, what should I do?

If your pet is in severe distress, contact your emergency veterinarian. Be sure to let them know that you gave a cannabis/CBD product and how much.

It is a good idea to record any other prescription drugs or supplements given, including flea treatments, new foods/treat or new grooming products used.

In most instances, the wobbly effect or dazed reaction will wear off in a few hours. Some animals are hypersensitive to CBD and it can induce extreme relaxation or intoxicating like effects when combined with other medications. Be sure to decrease the amount of CBD you are giving per the instructions in Step 1 or contact us for an alternate formula that may be better suited for your pet. Samples sizes of most of our formulas are available.

To prevent excessive dosing or drug interactions

Remember, it is always best to separate CBD from other medications by at least 2-3 hours, tightly seal the bottle when storing and please keep all CBD/Cannabis products out of reach of pets and children.

Thank you for allowing the One Minute Cannabist to be part of your cannabis journey.

Be sure to watch our short, but helpful videos on YouTube

<https://www.youtube.com/@oneminutecannabist471>

The information in this worksheet is intended to be educational only and does not represent medical advice nor does it denote a veterinarian-client relationship. Please see your regular veterinary provider for discussion and treatment. The One Minute Cannabist helps pet parents navigate the CBD and cannabis industry, assisting them with product selection and providing suggested guidance for product use based on best practices developed over the past decade as a result of client interaction and feedback.