

PRODUCT(s) SELECTED

Brand	Bottle Size	Total CBD or CBG	Total THC
Myriam's Hope Daily 50	30mL	1500mg CBD	-20mg

Starting Dose 0.1mL (4 drops). This is the equivalent of 5mg CBD per dose.

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

Positive Results to Look for: _____

How would you characterize that it is working? (i.e. calmer/chill, less frightened, timid, shaking, barking or destructive behavior, more confidence, happier overall

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Important Intro to using CBD for Anxiety

If your pet has general or chronic anxiety, follow the process for finding the Optimal Dose then move to Step 2 and Step 3.

If you are wanting CBD for situational anxiety such as fireworks, visitors or vet visits, try the CBD product with your pet well before the 'situation'.

It is best to build slowly to find the sweet spot for your pet so you know what they need. The last thing you want is give the CBD and have it produce an opposite effect. While rare, it has been known to happen.

Follow the process to determine the Optimal Situational Dose, followed by a therapeutic dose for 7-14 days to and then use as needed for the 'situation'.

The goal with finding the Optimal situational dose is to find the balance of taking your pet to the edge of sedation -or- to the level that you are comfortable with. There is no one size fits all scenario.

Using the method of finding the optimal situational dose, in addition to giving a therapeutic dose for at least 7 days, is where we see the best outcomes.

RULE OUT ANY NEGATIVE or UNDESIREED RESPONSES

Negative results: Observe for signs of anxiety, agitation, excessive lethargy, diarrhea, negative change in symptoms, excessive thirst, or if your pet becomes wobbly. If these symptoms occur, cut back the daily dose by 2-4 drops or to just 1x a day until undesired effects are eliminated.

STEP 1: Finding the OPTIMAL DOSE (for general/chronic anxiety)

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.

-or-

STEP 1: Finding the OPTIMAL SITUATIONAL 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 Undesired** responses (see page 2), begin to increase the dose by 2 drops every 2-3 days until you see the desired level of calmness -or- your pet is on the edge of being sedated, record the following:

:

the date _____ and the amount given _____ mL

This is the Optimal Situational Dose.

Make note of the following:

_____ How long does it take the CBD to take effect

_____ How long does it take for your pet to return to a normal state/how long did it last?

This information will be helpful in knowing when to give the dose for the "situation".

STEP 2: Administering a THERAPEUTIC DOSE to fully activate the ECS

The therapeutic dose is a small dose given consistently over a period of 7-14 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).

Once you've discovered the dose that will bring the desired level of calmness to your pet, it is best to give a consistent or Therapeutic dose 2x a day for a full 7-14 days.

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For general/chronic anxiety, I recommend giving what you determined to be the optimal dose.

On day 8 or day 15 (after N days of the Therapeutic dose), you can decide to continue giving this same dose or begin to experiment in determining a MAINTENANCE dose, see step 3.

For situational anxiety, you can stick with the starting dose or give a dose where you observed any positive shifts, but no undesired outcomes.

For example, if you found that 6 drops induced a level of calmness in your pet, but 10 drops took her to the edge of sedation, then 6 drops would be ideal for the 7-14 days of therapeutic dosing.

You can use the 10 drops for the 'situation' because you know that it took your pet to a better level of calmness. Again, every pet and every situation is unique.

Additional Advice for Situational Dosing

Give the Optimal Situational Dose the day of and/or during the 'situation'.

Some families have found that giving half the optimal situational dose a day or two before the "situation" (such as a vet visit or known fireworks display) in addition to giving the full dose as needed for the 'situation' results in even more calmness/comfort/confidence.

Some families decide it is beneficial to give a small maintenance dose regularly in between the situations to help their pets stay balanced or for overall wellness.

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. -more

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

Below, are the different methods of measuring the dose. The most precise and our preferred method

Method 1 – Syringe MOST PRECISE	Method 2 – Drops	Method 3 - Dropper
	<p>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</p>	<p>LEAST PRECISE when administering under 0.25mL, but you can eyeball it to get close.</p>

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.

See below for 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.

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

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.