

Date: \_\_\_\_\_

Product(s) used: \_\_\_\_\_

Starting Dose: \_\_\_\_\_

Frequency: \_\_\_\_\_



## SYMPTOMS & EXPERIENCE

### SYMPTOM RELIEF RATING:

*(for use in chart below)*

|                |   |                  |   |                    |
|----------------|---|------------------|---|--------------------|
| 1<br>no relief | 2 | 3<br>some relief | 4 | 5<br>maxium relief |
|----------------|---|------------------|---|--------------------|

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|
| Week 1                                     |  |  |  |  |  |  |  |
| Week 2<br><i>Notate if change in dose.</i> |  |  |  |  |  |  |  |
| Week 3<br><i>Notate if change in dose.</i> |  |  |  |  |  |  |  |
| Week 4<br><i>Notate if change in dose.</i> |  |  |  |  |  |  |  |

**CIRCLE ANY EFFECTS LISTED THAT YOU EXPERIENCE WHILE DOSING**

#### POSITIVE

- Muscle Relaxation
- Pain Relief
- Energy Boost
- Focused
- Anti-Inflammation
- Seizure Reduction
- Intestinal Ease
- Anti-Depressant
- Anti-Anxiety
- Relaxation
- Sleep

#### NEGATIVE

- Dry Mouth
- Drowsy
- Headache
- Stomach Issues
- Dizziness

## NOTES/OBSERVATIONS

---

---

---

---

---

---

---

---

---

---

**WE ARE HERE FOR YOU!**



920-390-4462



info@thepinehillfarm.com



# Tips & Tricks



1

**Give It Time:** CBD Oil may take time to reach its full effect. Stick with your product to allow it to work. Some people notice changes right away, others it may take a few weeks. The result vary by individual.

2

**Adjust Dose Depending on Symptoms:** CBD effects can be different for everyone. Don't be afraid to increase or decrease depending on your symptom relief. For some people, a higher dose does not mean more symptom relief, while others may need to increase significantly at the beginning to find the dose that provides enough relief. Once achieving this dose, it is possible to begin scaling back to a lower dose for maintenance.

3

**CBD Oil is Sublingual:** Place it under your tongue and allow it to absorb. Hold under your tongue for at least 2 minutes to allow for maximum absorption.

4

**If You Experience Side Effects:** While very rare some people do have wanted symptoms such as dry mouth. If this happens lower your dose to see if eases these unwanted symptoms.

5

**If It Just Doesn't Work:** If you haven't achieved any of the desired effects, don't give up. Everyone has a unique body biology which means we all experience different results. There are several methods of using CBD. Many times, if one method doesn't work, another will! For example, if CBD oil isn't working for you, try gummies or topical products.

Pine Hill Farm was founded by three sisters with healthcare backgrounds who share a passion for holistic approaches to health. Please reach out if you have any questions throughout your healthcare journey.

→ [Learn more at www.thepinehillfarm.com.](http://www.thepinehillfarm.com)

#### Food & Drug Administration Disclosure:

These statements have not been evaluated by the FDA and are not intended to diagnose, treat, prevent, or cure any disease. Always check with your physician before starting a new dietary supplement program.

