

THEY ARE PURE

What separates Ananda Professional CBD from the standard consumer CBD product is its purity. According to the FDA, 91% of all CBD products are adulterated.

THEY ARE TESTED

Ananda Professional CBD products are all third party tested, verifiable by a Certificate of Analysis (COA). To access the COA, scan the QR code on the box, enter the lot number and you will see the product's COA.

THEY ARE HONEST

Ananda Professional products state the specific amount of active cannabinoid oil (CBD) per mL/dropper. Other products give you the amount of hemp extract contained but this is NOT equivalent to CBD. Approximately 40-50% of hemp extract is actually CBD.

Dosing Guide

Since CBD metabolism depends on a number of factors, dosing is based on what works for the individual and finding your sweet spot. You may benefit from twice-a-day dosing. In most cases, the preferred delivery method for CBD is a liquid tincture under the tongue which is absorbed directly into the blood stream.



1. Two Hours Before Bed

- ♥ Start with 10mg of CBD for three evenings.
- ♥ Ananda Professional: 300mg = 1.0mL, 600mg = 0.5mL, 2000mg = 0.25mL
- ♥ Hold under your tongue for 3-5 minutes then swallow.

2. If No Improvements by The 3rd Evening

- ♥ Add another 5mg for an additional two evenings
- ♥ Your dose is now 15mg
- ♥ Ananda Professional: 300mg = 1.5mL, 600mg = 0.75mL, 2000mg = 0.375mL

3. If No Improvements by The 5th Evening

- ♥ You can keep increasing your dose by 5mg every 48 hours until you find no greater improvement in your relief.
- ♥ Once you get to that point, dose down to the previous 10mg increment.

4. Twice-a-Day Dosing

- ♥ Use CBD before bed for at least three nights to assess your response before adding a morning dose.

Keep a journal to track your outcomes. Write down how you feel before and after taking CBD. Is your sleep quality better, less aches and pains, anxiety more manageable, etc. Rate your pain, anxiety, insomnia etc on a scale from 1-10 and watch for measurable success.

Dosage: Please record the product name, strength, and the amount taken. (Ex: Ananda, 30mg, 10/mg/1.0mL)

Symptoms: Please rate your symptoms on a scale from 0-10 (0=Non Existent & 10=Worst Possible) Examples include but are not limited to: addiction, anxiety, chronic pain, depression, inflammation, insomnia, join pain, migraines/headaches, muscle pain, nerve pain, seizures, and stress.

Notes: Please use this space to record any notes you have in regards to your CBD usage.

Date: / /

Dosage: (Name/Strength/Amount Taken)

Notes: _____

Symptoms:

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Date: / /

Dosage: (Name/Strength/Amount Taken)

Notes: _____

Symptoms:

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Dosage: (Name/Strength/Amount Taken)

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Symptoms:

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Symptoms:

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BUTT DRUGS

Since 1952

Spinal Nerves Dermatome Map

WHAT ARE THEY?

A **dermatome** is an area of sensory nerves near the skin that are supplied by a specific spinal nerve root. Dermatomes are useful for finding the site of damage to the spine.

(Ex: leg pain from radiculopathy often indicates a problem to a specific nerve root in the lumbar spine.)

USING CBD FOR PAIN

1. Use the dermatome map as a guide to find out where you should apply the CBD salve or oil.
2. Apply the CBD salve or oil indirectly to the spine (off to the side not directly in the middle).
3. Next apply the CBD salve or oil to where the pain radiates.

CERVICAL

- C2: lower jaw, back of the head
- C3: upper neck, back of the head
- C4: lower neck, upper shoulders
- C5: area of the collarbones, upper shoulders
- C6: shoulders, outside of arm, thumb
- C7: upper back, back of arm, pointer & middle finger
- C8: upper back, inside of arm, ring & little finger

LUMBAR

- L1: lower back, hips, groin
- L2: lower back, front and inside of thigh
- L3: lower back, front and inside of thigh
- L4: lower back, front of thigh and calf, area of knee, inside of ankle
- L5: lower back, front & outside of calf, top & bottom of foot, first four toes

THORACIC

- T1: upper chest and back, armpit, front of arm
- T2: upper chest & back
- T3: upper chest & back
- T4: upper chest (area of nipples) & back
- T5: mid-chest & back
- T6: mid-chest & back
- T7: mid-chest & back
- T8: upper abdomen & mid-back
- T9: upper abdomen & mid-back
- T10: abdomen (area of belly button) & mid-back
- T11: abdomen & mid-back
- T12: lower abdomen & mid-back

SACRAL

- S1: lower back, back of thigh, back & inside of calf, last toe
- S2: buttocks, genitals, back of thigh & calf
- S3: buttocks, genitals
- S4: buttocks
- S5: buttocks

