



Artistic Organics  
CBD Wellness

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~

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## CBD BEST PRACTICES

Please consult with your physician. ~ It is possible to fail a drug test with CBD products.

### Usage Tips:

- **SHAKE** before using.
- **Always take 2X per day** (upon waking and 1 hr prior to bed) for optimal results.
- **Continue to increase the amount until you achieve desired results.**
- Hold oil tincture under the tongue until the flavor is almost gone (~10 min).

### Product Tips:

- **Artistic Organics Oil** - Start with 1/4 dropper and increase by 1/4 dropper every 2 days.
- **Artistic Organics Water Soluble** - Put in any liquid. Start with 1/4 dropper and increase by 1/4 dropper every 2 days.
- **NuLeaf Oil** - Start with 5 drops and increase by 2 drops every 2 days.
- **Capsules / Edibles** - Start with one 2X per day and increase as needed.

### NOTES: