



## How to use Special Gold CBD's CBN mix oil

Start with one drop a day, put it under the tongue.  
You don't have to swallow it, but if you do this is no problem!  
Usually the oil will be absorbed by the mouth within minutes.

After the first day, gradually build up the dosage by adding one drop a day until you have a dosage of 3x1 drop a day

You can not overdose on our CBN mix  
so you can safely increase or decrease if you feel the need to do so.

Your system will adjust to this new CBN mix within 1 to 2 weeks of use

Usually a combination of CBN and CBD oils works good for most people,  
but every person is different and so will be your optimal dosage.

Some people will feel pain relief and a sense of recovery  
after only one drop a day, others need 10 to 20 drops a day.

Point here, is to listen to your own body!

When using this product, keep check of what your body tells you

In most cases the body knows exactly what it needs.

this applies to,

but is not restricted to CBN/CBD dosage and/or usage!

**For more info and or questions please leave a message at**

**[www.facebook.com/specialgoldcbd/](http://www.facebook.com/specialgoldcbd/)**