



## Trokie Dosing Guide

### **Occasional Discomfort**

- Start with ½ serving (10mg) BID using Full Spectrum (if patient has no aversion to .3% THC) or Broad Spectrum (zero THC) Rapid Relief Tabs
- If the first serving does not achieve desired results in 30-60 minutes, take 1/2 or another full serving, then repeat until desired results are achieved.

### **Persistent Discomfort**

- Start with 1 serving (20mg) BID using Full Spectrum (if patient has no aversion to .3% THC) or Broad Spectrum (zero THC) Rapid Relief Tabs
- Persistent discomfort can take longer to achieve desired results, so consistent BID dosing for weeks might be needed. If partial relief is not achieved within 3 days, increase to TID or QID, until discomfort level is reduced. Once discomfort is under control and at desired level, decrease the dose slowly to discover maintenance dose.
- **Note:** Some conditions may need higher dosing at the beginning, but then can be lowered after desired results are achieved.

### **Tension Relief**

- Start with ½ serving (10mg) of BID using Full Spectrum (if patient has no aversion to .3% THC) or Broad Spectrum (zero THC) Rapid Relief Tabs
- If the first serving does not achieve desired results in 30-60 minutes, take 1/2 or another full serving, then repeat until goals are achieved.

### **Sleep Relief**

- Often dosing in the day with the Full Spectrum (FS) or Broad Spectrum (BS), can relax the nervous system enough that further dosing at bedtime is not needed.
- Start with one serving (20mg CBD + 3mg melatonin) Nighttime Rapid Relief Tab
- Take 1 serving 30-60 minutes prior to bed to learn how quickly effects are experienced.
- If desired results are not achieved in 30 minutes, take another ½-1 serving.

### **Placement**

- Place tab under the upper lip to avoid saliva contact for fast-acting and consistent results with maximum absorption.