

JuLi Registry®

Product and Dosing Guide for Menopausal Symptoms

1. Using the chart below select a desired consumption method and confirm that product is available in your area.

2. Order the product. Details on how to obtain the products are included in the chart.

If you need assistance, call Juva at (669) 696-JUVA (5882).

3. Once you receive the product.

It is recommended that you start with the first dosing recommendation.

- If, after one week, the first dosing recommendation is not working, move to the second dosing recommendation.
- Similarly, if, after one week, the second dosing recommendation is not working, move to the third dosing recommendation.

If the initial product selection doesn't work:

- If your initial product selection isn't working, select another consumption method and progress through those dosing recommendations using the corresponding product.
- If none of these products/doses work, please contact your medical provider or call Juva for a product consultation at (669) 696-JUVA (5882).

These products were selected and organized by symptom based on currently available information. Each of us has our own endocannabinoid system and individual responses may differ. We encourage you to be patient and try the different doses and products recommended here to manage your symptom.

REMEMBER:

- **Give** any selected product a few days to a week to work before changing dosing or products.
- **Take** your first survey once you have product in hand.
- **Track** your product use within the Strainprint app!

If you haven't downloaded the Strainprint app yet, please revisit the **"Welcome to Strainprint"** email you received to download the app and find your username and password. Check your spam/junk folder if you don't see the email in your inbox.

Symptom: Menopausal Symptoms

Availability	Consumption Method	Product Name	Dosing Recommendations			Where To Purchase:
			Initial Dose	Titrated 2nd Dose	Titrated 3rd Dose	
CBD - Nationwide	Gummies	Wyld Fruit Infused CBD + CBG Gummies	1 gummy 2x daily (20mg CBD: 10mg CBG/dose)	2 gummies 2x daily (40mg CBD: 20mg CBG/dose)	3 gummies 2x daily (60mg CBD: 30mg CBG/dose)	https://wyldcbd.com/products/pear
CBD - Nationwide	Capsules	San Benito CBD Capsules	1 cap 2x daily (50mg/dose)	2 caps 2x daily (100mg/dose)	3 caps 2x daily (150mg/dose)	https://www.sanbenitohemp.com
THC - Dependent on State and Local Laws	Gummies	Wyld Pomegranate (1:1) CBD Relief Gummies	1 gummy 2x daily (Start by cutting gummy in half for 5mg:5mg dosage)	1 gummy 2x daily (DO NOT CUT gummy in half for 10mg:10mg dosage)	1.5 gummy 2x daily (for 15mg:15mg dosage)	https://wyldcanna.com
THC - Dependent on State Laws	Vaporizer Pen (Battery sold separately)	Care By Design 2:1 Vape Cartridge	1 inhalation every 2 hours as needed (approx. 2.5mg/inhalation)	2 inhalations every 2 hours as needed (approx. 5mg/inhalation)	3 inhalations every 2 hours (approx. 7.5mg/inhalation) (can increase up to 6 inhalations every 2 hours for a total of 15 mg)	https://www.cbd.org/product/21-vape-cartridge-05-gram

If you are new to CBD, we recommend starting with the Wyld Gummy product. You may even start by cutting the gummy in half.