

JuLi Registry®

Product and Dosing Guide for Sleeplessness

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: Sleeplessness

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 + CBN Gummies	1 gummy 2x daily (25mg CBD: 5mg CBN/dose)	2 gummies 2x daily (50mg CBD: 10mg CBN/dose)	3 gummies 2x daily (75mg CBD : 15mg CBN/dose)	https://wyldcbd.com/products/elderberry-gummies
CBD - Nationwide	Capsules	San Benito CBD Capsules	1 cap 90 minutes before desired sleep time (50mg/dose)	2 caps 90 minutes before desired sleep time (100mg/dose)	3 caps 90 minutes before desired sleep time (150mg/dose)	https://www.sanbenitohemp.com
THC - Dependent on State and Local Laws	Gummies	Kanha Blue Raspberry (1:1:1) Cbn Tranquility Gummies	1 gummy 90 minutes before desired sleep time (5mg THC : 5mg CBD : 5mg CBN)	2 gummy 90 minutes before desired sleep time (5mg THC : 5mg CBD : 5mg CBN)	3 gummy 90 minutes before desired sleep time (5mg THC : 5mg CBD : 5mg CBN)	https://sunderstorm.com/kanha_gummies/
THC - Dependent on State Laws	Vaporizer Pen (Battery sold separately)	Dosist SLEEP DOSE PEN	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.