



HOW TO CHOOSE WHICH ALARA RIDGE FARM PREMIUM CBD OIL CONCENTRATION TO TRY

Here are some things to consider as you decide which concentration to try

1. How big are you?

- a. If you are small or average size, 1000mg is a good place to start
- b. If you are larger than average, 1500mg is a good place to start

2. Have you used CBD before?

- a. If you've never used CBD before, start with 1000mg or 1500mg in the flavor of your choice. See the question above for more help in choosing.
- b. If you're a veteran user of CBD and are switching to our brand, choose a similar concentration to what you used before, or a little bit higher.
- c. If you have used CBD Oil before and you thought it didn't work, you probably weren't taking enough, so choose a concentration higher than what you used before.
- d. If you're using 1500mg concentration and love it, the 3000mg bottle is basically 2 bottles on 1500mg in one so it is the best value and will save you \$20 over 2 bottles of 1500mg.

Things to remember:

1. **CBD works best with your body when you use it twice a day every day.** While there are benefits to using it as needed, the benefits you get will not be as noticeable when used that way. Everyday is the way to go to maintain balance and health.
2. **People experience benefits from CBD for many conditions.** Some of the most common conditions people have used CBD for are: pain, inflammation, sleeplessness/insomnia, anxiety, depression, and so much more! While we can't tell you specifics due to FDA restrictions, a simple search online for "CBD Benefits" or "What does CBD help" will give you some information about reasons to use CBD.

Got more questions? Email us at info@alararidgefarm.com, contact us through our Facebook page, call us at 931-783-1418 or use the form on the Contact page!