



## Welcome to the CBD Revolution!

Thank you for your purchase of Prosper CBD products. It's our mission to make sure your experience with our CBD products is as effective as possible. Please read through this guide before starting your CBD regimen. We are available to answer any questions you have so do not hesitate to contact us using the information below.

As the founders of Prosper Wellness we use CBD on a regular basis and we've had terrific results in improving our health and well-being. We are excited to share CBD with you and we want to hear about your experience (good or bad) with Prosper CBD.

### Directions for Use



Each Prosper CBD capsule delivers a precise dose of 10mg of CBD. Begin your regimen with the "Load Dose" bottle by taking 5 capsules (all at once) a day for 6 days. You can take them all at once or over the course of the day. This process will load your system thereby jumpstarting your endocannabinoid system to be more receptive to CBD.

After the 6 days you may decrease the daily dose to 1 or more capsules per day to achieve the desired level of health and wellness. It's important to note that CBD works best when taken consistently and over time.



For our pain freeze cream, simply dab a bit on your finger and rub it on the muscles or joints that hurt, 2-3 times/day.



Because it is oil, shake well before using. Store in a dark, cool, dry place.

For adults, up to twice a day place 1 to 2 half-droppers of CBD (20-40 drops, which is 6-12mg of CBD) under your tongue and hold for 2 to 3 minutes to enable it to get absorbed quickly into your bloodstream. Please take with food, as CBD is fat soluble.

You will want to incrementally increase or decrease the daily number of CBD servings you are taking as you seek to attain your personal threshold for relief. It is important to remember that CBD has a cumulative effective on your body, so it may take some time before you enjoy the full effect regarding your desired level of health and wellness.

## How to Determine the Right Amount of CBD for You

While selecting the specific CBD concentration level for you is not an exact science, the information below will aid you in your decision.

First, understand that everyone responds differently to CBD, with almost everyone having positive results. Some people need 5 milligrams a day, while others need 120+ milligrams. Based on your unique needs:

You can microdose CBD daily to maintain your body's balance

OR

You can take CBD as needed for immediate relief from acute symptoms, such as chronic or sharp pain, inflammation, anxiety, sore joints, a panic attack, a broken bone, a pulled muscle, etc.

If you are treating an acute or chronic symptom, we suggest 30-60 mg daily for 10 days or more – until you experience relief. Then you can lessen the daily dose and until you find your personal threshold for relief. Like Vitamin C, you cannot overdose on CBD.

If you are not dealing with acute or chronic symptoms, you are “micro-dosing,” which is the practice of taking a small amount of CBD daily to maintain physiological and psychological body balance. We suggest 20-40 mg daily for 10 days or more.

### Contact Us

For questions concerning the use of this product please contact us at:

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NOTE: PLEASE DO NOT RETURN YOUR MATERIALS, SUPPLEMENTS, OR PURCHASED ITEMS TO THE ADDRESS ABOVE. PLEASE CONTACT [BARB@PROSPERWELLNESS.CO](mailto:BARB@PROSPERWELLNESS.CO) FOR INSTRUCTIONS ON RETURNS.