



# Medical Cannabis Dosing Guide

## General Principles:

- **Start Low, Go Slow:** Begin with the lowest possible dose, and gradually increase until the desired effect is achieved.
- **Monitor and Adjust:** Regularly assess effectiveness and side effects. Adjust dosage as needed.
- **Individualized Treatment:** Consider patient-specific factors such as weight, age, medical history, and current medications.



## Chronic Pain:

- **THC:** Start with 1-2 mg, increase by 1-2 mg every 3 days. Typical effective dose: 5-15 mg per day.
- **CBD:** Begin with 10-25 mg, increase by 5-10 mg every 3 days. Typical effective dose: 20-50 mg per day.
- **Notes:** Use higher CBD ratios for daytime management to minimize psychoactive effects.

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## Cancer:

- **Symptom Management:**
  - **THC:** Start with 2-3 mg, increase as tolerated. Effective dose: varies, often higher for symptom control.
  - **CBD:** Begin with 20-25 mg, increase by 10-15 mg every 3 days. Effective dose: 50-100 mg per day.
- **Potential Anti-Cancer Effects:**
  - Higher doses may be explored under medical supervision.
  - **Note:** The anti-cancer effects of cannabis are not yet conclusively proven in humans; use as a complementary approach.

## Neurological Disorders (e.g., Epilepsy, Multiple Sclerosis, Dementia):

- **THC:** Start with 0.5 mg per 10 kg of body weight, increase slowly. Monitor for efficacy and adverse effects.
- **CBD:** Begin with 2-5 mg per 10 kg of body weight, increase gradually. Higher doses often required for seizure control.
- **Notes:** Liquid formulations for oromucosal absorption recommended for more consistent dosing.

## Safety and Legal Considerations:

- Advise patients to avoid driving or operating heavy machinery when starting cannabis treatment or adjusting the dose.
- Always comply with local and state laws regarding medical cannabis use.
- Encourage regular follow-up and close monitoring by healthcare professionals.

**Disclaimer:** This dosing guide is intended as a reference only. Actual dosing should be determined by a healthcare professional based on individual patient needs and conditions. This information does not replace professional medical advice and consultation.

