



Quick Start Guide



DAILY DROPS

Start with one full 1ml dropper (10mg*) every **evening**. Hold under tongue for 60 seconds, then swallow. Wait 15 minutes. If you don't feel your desired effect, take another full 10mg/1ml dropper. Repeat daily.

*For stronger 1500mg/30ml (50mg/1ml) drops, follow packaging instructions.

Ingredients: Activated full-spectrum hemp flower oil CBD concentrate, MCT oil. Vegan.



DAILY SOFTGELS

Start with one 10mg* softgel **after dinner**. Or, if using in tandem with our Daily Drops, start with drops in the **evening** and take a softgel in the **morning with breakfast**. For either routine, repeat daily.

*For 25mg softgels, follow packaging instructions.

Ingredients: Activated full-spectrum hemp flower oil CBD concentrate, kosher beef gelatin, MCT oil, vegetable glycerin, and purified water.



RELIEF CREAM

This cream sinks below the skin into tissue and beyond. In addition to muscle/nerve pain, this product is commonly used by EQ members on the abdominal area for uterine/ovarian discomfort, and on the temples for headaches.

Use as needed; a little goes a long way!

Ingredients: Activated full-spectrum hemp flower oil, coconut oil, shea butter, arnica, menthol, lavender, rosemary. Vegan.



DOSAGE SUPPORT

Schedule a consultation with your personal Dosage Specialist to occur after 5-7 days of consistent use.

In addition to your phone consultation, your purchase also entitles you to unlimited email support!

Think you need a different routine? Members' routines often change following their dosage consultation.

Appointments: myEQ.com/start

Email: dosage@myEQ.com

Give \$20. Get \$20.

To find your unique, sharable referral code and to track your earnings, login to your account and visit [MYEQ.COM/SHARE](https://myeq.com/share)