

EGUILLIBRIA



Quick Start Guide

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

## Daily Drops

Onset: 10-30min  
Lasts: 4-6hrs

### HOW TO USE:

Hold 1 full dropper (10mg CBD) of oil under your tongue for 60 seconds before swallowing. If you don't feel your desired effect after 30 minutes, take another full dropper. USE DAILY.

### WHEN TO USE:

-  Morning:  
AND/OR 1 full dropper of Daily Drops
-  Before Bed:  
1 full dropper of Daily Drops  
as needed

### IF USING EXTRA STRENGTH DROPS:

Use 1/4 dropper (12.5mg CBD) in the instructions above.





## Daily Softgels

Onset: 1-3hrs  
Lasts: 6-8hrs

### HOW TO USE:

Take one softgel (10mg CBD) with a healthy fat (to increase absorption). Sustained-release softgels are great for daytime or nighttime use. USE DAILY.

### WHEN TO USE:

-  After Breakfast:  
AND/OR 1 Daily Softgel (10mg CBD)
-  After Dinner:  
1 Daily Softgel (10mg CBD)

### IF USING EXTRA STRENGTH SOFTGELS:

Use 1 (25mg CBD) softgel in the instructions above.





## Daily Gummies

Onset: 30-60min  
Lasts: 4-8hrs

### HOW TO USE:

Take gummy (10mg CBD) daily, as needed. Chew more thoroughly for a faster onset time and less thoroughly for a more sustained release. For extra-strength benefits, increase dose to 2 gummies. USE DAILY.

### WHEN TO USE:

-  After Breakfast:  
AND/OR 1 Daily Gummy (10mg CBD)
-  After Dinner:  
1 Daily Gummy (10mg CBD)  
as needed



*Still have questions?  
We can help.*

Book a call (or email) today  
at [myeq.com/dosage](https://myeq.com/dosage)



Get 1:1 support from an EQ Wellness Specialist who will work with you to ensure you get the most out of your products.

You can chat with your Specialist as often as you'd like, and it's free!



## Rapid Calming Melts

Onset: 5-10min  
Lasts: 3-6hrs

### HOW TO USE:

Place under tongue. It should take less than 5 minutes to absorb. Avoid crushing, chewing or swallowing the melt.

### WHEN TO USE:

Take 1 melt (5mg CBD) on an as-needed basis: when you feel you need support fast, such as in times of high stress.



## Rapid Sleep Melts

Onset: 10-15min  
Lasts: 3-6hrs

### HOW TO USE:

Place under tongue. It should take less than 5 minutes to absorb. Avoid crushing, chewing or swallowing the melt.

### WHEN TO USE:

Take 1 melt (5mg CBD) as-needed in the evening, or about 10-30 minutes before bedtime, for extra support easing into sleep.



## Sleep Gummies

Onset: 30-60min  
Lasts: 4-8hrs

### HOW TO USE:

Begin with 1 gummy for 5-7 nights. Increase to a full serving (2 gummies) if desired. Chew more thoroughly for a faster onset time and less thoroughly for a more sustained release.

### WHEN TO USE:

Take 1 gummy (12.5mg CBD; 2.5mg CBN) before bed. Increase to full serving (2 gummies) as needed.



CBD FREE

## Stress Gummies

Onset: 30-60min  
Lasts: 4-8hrs

### HOW TO USE:

Begin with 1 gummy and increase to a full serving (2 gummies) if more support is needed. Chew more thoroughly for a faster onset time and less thoroughly for a more sustained release.

### WHEN TO USE:

Take 1 gummy (1/2 serving) in the morning or as needed on those extra stressful days for additional support.



CBD FREE

## Energy Capsules

Onset: 30-60min  
Lasts: 6-8hrs

### HOW TO USE:

Take with a glass of water. We recommend a max of 2 capsules per day.

### WHEN TO USE:

Take on an as-needed basis in the morning or at lunchtime for a boost of energy.



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## Relief Balm

### HOW TO USE:

Great for targeting local discomfort like headaches, cramps and general soreness.

Rub in until absorbed; a little goes a long way!



## Recovery Roll-On

### HOW TO USE:

This non-greasy, paraben-free formula absorbs quickly and delivers rapid relief for sore muscles & joints.

Roll liberally into areas of soreness and repeat as needed.



## Mindful Mineral Soak

### HOW TO USE:

A purifying CBD-infused bath soak to destress and invigorate the senses. Pour approximately 1/4 of the bag (2oz) into a full, warm bath. Relax and enjoy.

Don't have a bathtub? This soak also makes for an excellent foot soak.



## Dynamic Roller Duo

### HOW TO USE:

These multi-purpose CBD and essential oil-infused rollers help relieve pressure points, ease topical discomfort, and provide mood-boosting aromatherapy.

Roll on your wrists, temples, jawline or anywhere you need relief for soothing aromatherapeutic benefits.



## Balancing Bath Bombs

### HOW TO USE:

This soothing CBD-infused bath balm will invigorate the senses while calming the mind.

Use one bomb per bath. Relax and enjoy.



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