



RINGO'S GIFT



Before You Get Started Nurse consults are encouraged especially if you are taking other medications and supplements. To schedule a nurse consult at no additional charge, please visit [SanaSanaFormulas.com](https://www.SanaSanaFormulas.com) and follow the prompt for scheduling consults. For all other questions, email: Hello@SanaSanaFormulas.com.

Available Delivery Methods

Oral

Low Dose: Capsules

High Dose: Capsules

(Note: Capsules can easily be opened for topical use on the go!)

Understanding Your Dose

One Capsule = One Dose 

For Quicker Delivery Into Your System Try sublingual dosing. Place the capsule under your tongue and hold it there for 1 to 2 minutes before swallowing. Capsules will dissolve under the tongue, and what doesn't dissolve can be chewed up or discarded. This route of administration is faster than swallowing the dose. (Note: In some cases swallowing might be recommended. See more on dosing at [SanaSanaFormulas.com](https://www.SanaSanaFormulas.com).)



A Good Tip to Know

Consistency is key. Set dosing reminder alarms on your phone when starting a new dosing routine.



Visit [SanaSanaFormulas.com](https://www.SanaSanaFormulas.com) to see the full product guide and what patients are saying about their Sana Sana experience.

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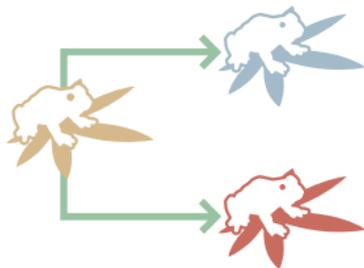
Why Gold Low/High Dose?

Gold is Sana Sana's base nonpsychoactive CBD-dominant formula. Sana Sana selects strains based on the therapeutic benefits associated with the terpene profile of each strain. The difference between the Low and High Dose formulas is the milligrams. If you take a low or high dose of Gold formula when not warranted it could result in feeling drowsy; alternatively some find that Gold formula can be stimulating. Everyone responds to differently to cannabis. This is why we suggest starting with our Micro Dose formulas; we recommend increasing the frequency of the micro doses before increasing the dose size. The Sana Sana goal is to help you easily find your lowest therapeutic dose. Nurse consults are encouraged to help uncertain patients determine whether they are good candidates for adding a stronger dose or formula. Typically, if you find you are requiring more than 2 to 3 micro doses at a time, you might be ready for the Low Dose and if you are requiring 2 to 3 low doses at a time, you might be a good candidate for the High Dose formula.



Why Start With Microdosing?

The Sana Sana Formulas approach to dosing cannabis is truly patient-centered. For some people, microdosing is where they start and end, but for others, it's a tool that helps determine their optimal dose. Just because you currently tolerate large amounts of THC or CBD does not mean that it is your optimal dose. We suggest the microdosing method of either CBD or THC formulas to find your appropriate dose. Microdosing is a tool used to determine one's optimal dose one milligram at a time. You very well might require a higher dose, but what if you're able to manage just as well with less?



When to Switch Up Your Formulas If you find that Gold alone is not providing the relief you're looking for, the next step is to try the Crystal Gold formula. The difference between the CBD-dominant formulas Gold and Crystal Gold is the addition of a THC strain chosen for specific therapeutic benefits based on the strain's terpene profile. If you find the Gold Formula is too stimulating at bedtime, this may be another reason to try Crystal Gold. To find out why we use specific strains, visit the website.



Capsules

Store in a cool, dry area.
Avoid direct sunlight.
Product characteristics, such as color and texture, may vary due to storage temperature.

Everyone responds differently to cannabis products. Cannabis may increase the effects of alcohol and other drugs that cause drowsiness, including antidepressants, antihistamines, sedatives, pain relievers, anti-anxiety and anti-seizure medications, and muscle relaxants.

Cannabinoid content of the flower may vary from harvest to harvest, which means cannabinoid content will vary slightly among batches.

THC effects will vary depending on dose, method of administration, prior experience, concurrent drug use, personal expectations, mood state, and the social environment in which the THC is used. First-time users of our THC-dominant formulas should not drive, operate machinery, or perform other hazardous activities. Consuming THC while drinking alcohol can cause dizziness, drowsiness, and impaired judgment.

BEFORE TAKING ANY COMBINATION OF MEDICATIONS You should always consult with a medical professional. The same goes for vitamin supplements and cannabis products! Be sure to check out "Having the Cannabis Conversation With Your Doctor" on the website.

All information provided here is for reference purposes only and is not intended to be a substitute for the advice given by a pharmacist, physician, or any other licensed healthcare professional. Sana Sana Formulas products have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any health condition or disease.