



Hemp Usage Guide & *Response Tracker*®

Physician-developed hemp products for aches,
sleep, worry and more.

HealerCBD.com



Welcome,

After a decade of helping thousands of patients, I understand how confusing it is to find quality hemp products and to know how to properly use them to get results. As is widely reported, many products are unsafe, ineffective, and do not contain the advertised amount of cannabinoids such as CBD. Like you, I could not find products I could trust, until now. Our Healer hemp products meet my highest standards.

Each small batch is third-party tested to be free of harmful contaminants and accurately formulated from our specially selected strains of hemp, organically certified and grown in Maine.

You will feel the difference of the Healer Spectrum. Our patented process purifies and maintains more of the plant's beneficial compounds, especially the unheated "acidic" cannabinoids (CBDA, CBGA, THCA), so you can get better results using less.

Hemp affects everyone differently, so I created this free, step-by-step Usage Guide and Response Tracker® to eliminate confusion on how much to take to get the best results.

Our mission is to help you feel and perform your best every day. Our Healer Certified trained staff is ready to help you with any questions you may have. Contact us at 207-271-9333 or Help@HealerCBD.com.

Dr. Dustin Sulak
Co-founder, Healer; Founder, Integr8 Health
Board Member, Society of Cannabis Clinicians



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Photograph of Healer's organically certified hemp at Sheepscot Farm, Whitefield ME

IMAGE BY: BLUE HORSE PHOTOGRAPHY

The power of *nature*,
elevated through *science*,
developed by a *physician*.



Lab Tested



Non
Impairing



Organically
Certified
Hemp



Vegan



Gluten Free



Non GMO



Manufactured in Healer's Maine facility from organically certified Maine hemp.

INGREDIENTS

Drops: Organic MCT coconut oil, organically certified Maine hemp <0.3% THC, traces of ethyl alcohol.

Capsules: Organic MCT coconut oil, organically certified Maine hemp <0.3% THC, traces of ethyl alcohol; pharmaceutical-grade syloids (amorphous silicon-dioxide), vegan capsules.

Topical: Purified water, organic MCT coconut oil, 3% menthol, copaiba balsam oil, organically certified Maine hemp < 0.3% THC, d-limonene, gel (isohexadecane polysorbate 80 sodium acrylate, acryloyldimethyl taurate copolymer), traces of ethyl alcohol.

Gummies: Gummies: Organic Tapioca Syrup, Organic Cane Sugar, Water, Pectin; Natural Flavors, Natural Coloring, Organic Citric Acid, Sodium Citrate, Certified Organic Maine Hemp, Ascorbic Acid, Organic MCT Coconut Oil.



Healer Spectrum

Taste and feel the difference.

The Healer Spectrum is created by our patented nano-filtration process and sets a new standard for

- Removing impurities
- Delivering more of the plant's "entourage" of beneficial acidic & minor cannabinoids, terpenes, flavonoids and complex phytonutrients

What is the Healer Spectrum?

● Major cannabinoids

THC and CBD are the most well-known and studied cannabinoids, and are typically the most abundant in cannabis products. CBC, CBN, CBG and THCV may also be found in significant quantities in certain cannabis varieties.

● Acidic cannabinoids

The plant produces acidic cannabinoids like THCA, CBDA and CBGA (the "A" stands for acid), the precursors that transform into THC, CBD, CBG and the other neutral cannabinoids when they are exposed to heat. These acidic cannabinoids have distinct physiologic effects and are more potent than their neutral counterparts.

● Minor cannabinoids

Over a hundred minor cannabinoids occur in trace quantities in cannabis. While many have not been studied, and are only named by their molecular structure, emerging evidence suggests that several are ultra-potent compounds that act on their own and in synergy with the major cannabinoids. These minor cannabinoids contribute to the entourage effects of cannabis.

● Terpenes

This class of compounds is found diversely in the plant kingdom, and abundantly in cannabis. Terpenes have been shown to produce powerful physiologic effects. They give cannabis its strong aroma and likely contribute to the distinct beneficial effects of different cannabis varieties.

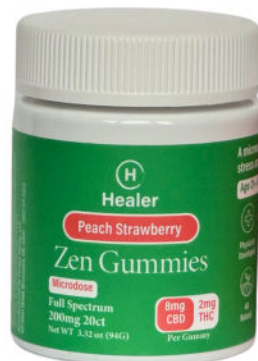
● Flavonoids

Cannabis produces approximately 20 flavonoids which are often responsible for the vivid colors of fruits and vegetables, and have antioxidant and other beneficial health properties. Diets high in flavonoids have been associated with a number of beneficial health outcomes.

● Phytonutrients

Other components of cannabis include polyphenolic compounds, carotenoids and polysaccharides. While these cannabis-based compounds have received very little scientific investigation, our understanding of the health effects of similar compounds from other plants suggests that these also contribute to the benefits of a wider-spectrum product – that's why we make sure to maintain them in the Healer Spectrum.

Gummies with THC Ratios



8mg CBD+2mg THC



5mg CBD+5mg THC



10mg CBG+5mg THC



A unique combination of naturally-derived hemp THC and other hemp cannabinoids to promote sleep, relaxation and relieve aches, worry, fight or flight feelings, and nerve discomfort*. Adults use only 21+. Federally legal and contains less than 0.3% THC. Not available in all states.

IMPORTANT: May be impairing. If you are new or sensitive to THC we recommend you try taking 1/4 or 1/2 of the gummy and wait 2+ hours to see how you respond, before consuming more.

INGREDIENTS: Organic Tapioca Syrup, Organic Cane Sugar, Water, Pectin; Less than 2% of: Natural Flavor, Natural Coloring, Citric Acid, Sodium Citrate, Ascorbic Acid, US Grown Hemp.

*This statement has not been evaluated by the U.S. Food and Drug Administration.

Refrigerate

Healer Drops and Capsules

For best results and to maintain the Healer product's unique formulation, we recommend that you refrigerate your Healer Hemp Drops and Capsules. Healer Gummies and Topical do not require refrigeration.

Without refrigeration, the CBDA, CBGA and THCA in your Healer products will slowly transform to CBD, CBG and THC at room temperature in 2-6 months.

While this may alter the effects of the product, you can still use unrefrigerated products – they simply will have higher levels of CBD, CBG and THC (under 0.3%) and lower levels of CBDA, CBGA and THCA.

Avoid leaving in cars during the summer or for prolonged periods in your pocket.

Refrigerate for long term storage and best results.



Usage tips for faster, better results

- Consistent and daily use of our products for at least 30 days is recommended to determine results.
- Not seeing results?
 - Remember to increase your usage amount and frequency (see page 16)
 - Try a different formula or delivery after 30 days (see page 12-13)
- Increase the absorption of cannabinoids by taking Drops, Capsules and Gummies after a meal containing a healthy fat.
- Use our Topical in combination with Drops, Capsules or Gummies for better results.
- When trying a new formula for the first time, we recommend waiting 4-5 hours between usage of other formulas to see how you react.

Drops

- Looking in a mirror can help you count the drops or administer by first placing drops on a spoon or in an oral syringe.
- Taking drops sublingually (under your tongue) and holding them in your mouth for several minutes increases direct absorption into the blood vessels.
- Adding drops to food or drink may delay the onset and require more drops.
- Drops can also be applied directly on skin as a topical product.

Capsules

- Do not use Capsules if you have poor gut motility, use drops instead.

Gummies

- Suck or chew on gummies and let sit in your mouth before swallowing

Bedtime Usage

THC

- Our Rest and Bliss Gummies are our strongest formulas for sleeplessness because they include ratios of hemp-derived THC.
- May be impairing.

CBG

- Our most relaxing formula for its calming effect and superior relief from occasional sleeplessness*.
- Non-impairing.

CBDA





- Relief for occasional sleeplessness caused by aches and discomfort*.
- Many people report that their use of CBDA during the day helps them to relax and sleep more at night.
- Non-impairing.

CBD

- Many people successfully use CBD for mental worry and stress before bed and in the middle of the night, while others report that their use during the day helps them to relax and sleep more at night.
- CBD in low amounts (1-10 drops) can be energizing for some. If you want to try it at bedtime, you may find that increasing your usage amount by 2-4x may help with relaxation and bedtime.
- Non-Impairing.

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Compare Drops, Capsules, Gummies & Topical

 Healer Drops	 Healer Capsules	 Healer Topical	 Healer Gummies
Onset: 10-45 mins	Onset: 60+ mins	Onset: 5-30 mins	Onset: 15 - 60 mins
Duration: 3-8 hours	Duration: 4-12 hours	Duration: Variable	Duration: 4-12 hours
Quick onset and better absorption than capsules and edibles	Slower onset with longer lasting effects	Non-greasy, fast drying and quick acting	Medium onset with long lasting effects
Easy to use: 1 drop \approx 1 mg cannabinoids	Convenient, non-leaking capsule designed for increased absorption	1 pump \approx 20 mg cannabinoids	Convenient, delicious and may be cut into smaller amounts
Use orally under tongue or add to food or drinks; apply topically	Use for convenience, or if sensitive to the taste of Drops	Use as needed and can be combined with Drops, Capsules and Gummies	Use alone or in combination with Drops or Topical

Find Your Hemp Formulas

YOUR CONCERNS	CBD 6:1 CBD:CBDA NON IMPAIRING	CBDA NON IMPAIRING	CBG 6:1 CBG:CBGA NON IMPAIRING	CBDA:CBGA 1:1 CBDA:CBGA NON IMPAIRING
Occasional Sleeplessness			✓	
Occasional Sleeplessness Due to Aches		✓		
Pain & Inflammation After Physical Activity		✓		✓
Occasional Nerve Discomfort (shooting, stabbing, stinging aches)			✓	
Occasional Head Discomfort	✓	✓		
Minor Aches	✓			
Muscle Tightening and Stiffness	✓			
Workout Recovery		✓		✓
Mental Worry and Stress	✓	✓		✓
Physical Nervousness and "Fight or Flight" Feelings			✓	
Mood and Wellbeing	✓	✓		✓
Alertness and Clear Thinking	✓	✓		✓
Absentmindedness and Focus	✓		✓	
Occasional Nausea		✓		
Digestive Health			✓	
Decrease Appetite (at high amounts 20+ mg)	✓			
Recovery from Acute Illness				✓
When Combined with Legal THC products	LOWERS THC IMPAIRMENT	DOES NOT LOWER THC IMPAIRMENT	DOES NOT LOWER THC IMPAIRMENT	DOES NOT LOWER THC IMPAIRMENT

These statements have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The information is for educational purposes and is not a substitute for or alternative to information from your healthcare providers.

Topical Usage

- Apply as needed to affected area.
- Lightweight, non-greasy and fast-drying; avoid contact with fabric until dry.
- Wash hands before touching eyes and face.
- Store in a cool, dry place.
- Can be refrigerated for long-term storage.
- Can be used in combination with Healer drops, gummies or capsules for added benefit.

Gummy & Capsule Usage

Getting started: Day 1 & 2

- Take 1 gummy or capsule by mouth 1-3x per day.
- Try "Checking Your Inner Inventory©" on page 18 before and 2 hours after taking Healer gummy/capsule.
- Wait 4-5 hours between doses.
- Best absorbed when taken with a fat-containing meal or snack.

Day 3 and beyond:

- Increase by 1 gummy or capsule daily until you experience satisfactory benefits.
- If you notice unwanted effects or fewer benefits, reduce amount by 1 gummy/capsule each day until you find your optimal response.
- If you would like to try smaller amounts or if you experience inconsistent results, switch to Healer Drops.

Drops Usage

Getting started: Day 1

- Always check in with your body and mind before and 1 hour after taking your Healer product.
Try 'Checking Your Inner Inventory©' on page 18.
- Shake well.
- Place 5 drops under the tongue.
- Hold for 1-5 minutes before swallowing.
- Refrigerate for best results.

Not feeling results?

Follow the chart (on page 17) to effectively increase drops with confidence. Optimal amount is 5-30 drops per use (1 to 3x/ day) for most, though some do well with more.

1 Drop \approx 1 mg Total Cannabinoids; 50 mg/ml

Personalize your results in 2 simple steps:

STEP 1: Find your number of drops per use.

Follow this chart to increase your daily usage by 5 drops every 2 days. When you start feeling results, stop increasing and keep the same number of drops per use.

STEP 2: Add more uses each day.

Within 1-4 days after finding your usage amount, if you notice that the effects wear off too early in the day, this is when it's beneficial to add more use(s) per day.

CBD vs CBDA vs CBG

CBD

- CBD at low amounts (1-20 mg) is often stimulating.
- CBD at high amounts (25 mg+) may help suppress appetite and becomes more sedative.

CBDA

- CBDA may require lower amounts (50% to 70% less) compared to CBD.
- Healer's CBDA formula may produce a peppery taste or sensation; this is likely the feeling of the CBDA formula being absorbed. Drink water to remove any strong taste or sensations.

CBG

- CBG may require lower amounts (5-20 mg+) compared to CBD.
- CBG's way of interacting with the body is distinct from CBD and CBDA making it especially useful for those who have been unsatisfied with the effects of CBD or CBDA.

Number of Drops Per Use Per Day



Day 1	5 drops	Day 8	20 drops
Day 2	5 drops	Day 9	25 drops
Day 3	10 drops	Day 10	25 drops
Day 4	10 drops	Day 11	30 drops
Day 5	15 drops	Day 12	30 drops
Day 6	15 drops	Day 13	35 drops
Day 7	20 drops	Day 14	35 drops

If needed, continue to increase your drops after 14 days.

How do I know if it's working?

Always Check Your Inner Inventory© to check in with your body and mind before and 1 hour after use.
If your score improves, then you know you're likely feeling the effects of the amount taken.

RATE EACH ON A SCALE OF 1 TO 10 (1=WORST AND 10=BEST):



Breath

How easy and smooth
is your breath?



Body

How easy is it to
remain still and
comfortable?



Mood

How easy is it for you
to smile right now?



Symptom(s)

Assess your wellness by
rating your symptom(s).

Track your response on page 22 to see improvement over time.

Know how much you need.

Save time, money and the inconvenience of running out of Healer Hemp products by buying what you need to feel your best every day.

Drops per use ____ **x Uses per day** ____ **x 30 days =** ____ **Total Drops \approx mg per month**

IMPORTANT NOTE: Our 200 mg trial size dropper is about 20% smaller than our other bottles, so you'll need 20% fewer drops per use when you transition to our 700 mg, 1500 mg, and 3000 mg standard bottles.

For example: 10 trial drops = 8 standard drops, 15 = 12, 20 = 16, etc.

Capsules per use ____ **x Uses per day** ____ **x 30 days =** ____ **Total Capsules per month**

Gummies per use ____ **x Uses per day** ____ **x 30 days =** ____ **Total Gummies per month**

Topical pumps per use ____ **x Uses per day** ____ **x 30 days =** ____ **Total / 42 full pumps =** ____ **Topicals**

Combining Healer Hemp products with legal THC.

Healer Hemp Products contain less than 0.3% THC.

CBD

- CBD can lower the psychoactive effects of THC in the ratio of 1:4 THC:CBD or a higher ratio of CBD.
- CBD in high amounts (25+ mg) can help with THC intoxication.
- CBD in low amounts (5 -10 mg) is often stimulating and can help with THC hangovers and grogginess, especially the morning after THC bedtime use.

CBDA, CBG & CBGA

- Will not lower the psychoactive effects of THC.
- Are synergistic with THC and will help increase the desired benefits (see chart on page 13).

We recommend exploring treatment under the guidance of a medical professional.

Getting started: Day 1

- Determine how many milligrams (mg) of CBD, CBDA, CBG, or CBDA+CBGA you currently take per use.
- Start with this number of Healer Drops under your tongue and maintain the same # uses/day.
- If you find Healer's effects are stronger, or if you're curious if Healer Drops are more effective than your previous product, try reducing the amount you're taking by 25%

How to replace other products with Healer Drops

1 Healer Drop \approx 1 mg Total Cannabinoids; 50 mg/ml

Tincture/Oil

Identify total mg/ml per dropper ____ . Then divide by the amount you take by $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, 1

Ex. If 25 mg/ml and you take $\frac{1}{2}$ dropper 2x/day, that = 12.5 mg \approx 13 Healer drops 2x/day

Capsule/Gummy/Edible

Identify total mg consumed per use

Ex. If one 20 mg capsule/gummy is taken 3x/day, start with 20 Healer drops 3x/day

WARNING

Always seek consultation if you are pregnant, nursing, have or suspect you have a medical condition, or are taking any medications to discuss potential interactions and other possible complications.

Healer Response Tracker

Keep track by rating 1-10, 10 being the best

Date / Time	# OF DROPS/ CAPSULES	INNER INVENTORY®							
		Breath		Body		Mood		Symptoms	
		BEFORE / AFTER		BEFORE / AFTER		BEFORE / AFTER		BEFORE / AFTER 1-10, 10 BEING SEVERE	

Healer Response Tracker: Sleep from Last Night

Date	# Hours Slept	# of Wake Ups	How Do You Feel? 1-10, 10 BEING BEST	AM Symptoms 1-10, 10 BEING SEVERE

INTERACTIONS

Hemp cannabinoids may interact with certain medications, including the anticoagulant warfarin, the seizure medications valproic acid and clobazam, and other drugs metabolized by the liver enzymes CYP3A4 and CYP2C19.

Share your
results

We want to learn from
your experience.

HEALERCBD.COM/MYRESULTS

Thank you for choosing



Healer Helps

As you heal yourself,
you are helping others.

Healer donates a portion of our proceeds
to worthy causes, education, research,
and especially to people in need.



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These statements and this guide have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The information is for educational purposes and is not a substitute for or alternative to information from your healthcare providers.

Version 4.0

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Feel your best *every day.*

Add Healer Drops, Capsules and Topical (individually or combined) to your daily wellness routine. This small, easy step can deliver big results, which will build over time.