

CBG / CBD Pain Away Product Testing Questionnaire

Thank you for participating in our product testing program! Please use this questionnaire to document your usage and experiences over the next month. This will help us improve the product and ensure it meets your needs.

General Information

1. Name/Participant:
2. Date Started Testing:

How to Use This Product

Dosage Recommendations

The following dosage guidelines are suggested based on current research into cannabinoids for managing pain and stress. Dosages may vary depending on individual factors like body weight, metabolism, and tolerance. Always start low and go slow to determine your ideal dose.

For Pain Relief

1. Mild Pain: Start with 10-15 mg of CBD and/or 5-10 mg of CBG per dose, taken 1-2 times daily.
2. Moderate Pain: Use 15-30 mg of CBD and/or 10-20 mg of CBG per dose, taken 1-3 times daily.
3. **Chronic/Severe Pain: Up to 50 mg of CBD and/or 30 mg of CBG per dose, taken as needed (but do not exceed 3 doses per day unless advised by a healthcare provider).**

For Stress and Anxiety

1. Mild Stress: Begin with 10-20 mg of CBD, taken once or twice daily.
2. Moderate to Severe Stress: Increase to 20-40 mg of CBD and/or 10-15 mg of CBG per dose, taken 2-3 times daily.

Usage Instructions

- Administer the product sublingually (under the tongue) for faster absorption or as directed on the product packaging.
- Track the time of day you take the product and note how long it takes to feel effects.
- Record your dosage and frequency in the provided tracking sheet.

Safety Tips

- Do not exceed 200 mg/day of combined CBD and CBG unless advised by a medical professional.
- Consult a doctor before using if pregnant, nursing, or taking medications.

Scientific Basis

- CBD has shown effectiveness for pain relief through its interaction with serotonin receptors and TRPV-1, which are involved in pain modulation and inflammation reduction. Studies suggest its utility for chronic pain conditions like arthritis and neuropathy.

- CBG may complement CBD, particularly in reducing inflammation, due to its effects on CB2 receptors and its neuroprotective properties. It is especially promising for localized pain and inflammatory conditions.

(References: Studies from Cureus and MDPI highlight the potential of CBD and CBG for pain and stress management. For further details, see the published reviews on cannabinoids and their therapeutic benefits【12】【13】.)

Daily Log

Instructions: Fill out the following table each day after using the product.

Date	Time of Use	Amount Used	Reason for Use	Effectiveness (Rate 1-5; 1 = no effect, 5 = excellent relief)	Noticed Benefits	Side Effects (if any)

Weekly Summary

At the end of each week, answer the following questions:

- Overall Relief**
 - How would you rate your overall pain relief this week? (Rate 1-5)
 - How would you rate your reduction in inflammation this week? (Rate 1-5)

2. Additional Benefits

- Did you notice any other positive effects from the product?

3. Side Effects

- Did you experience any side effects? If yes, please describe.

4. Ease of Use

- Was the product easy to use? (Yes/No)

- Do you have any suggestions to improve the product's application or usability?

Final Feedback (End of Month)

1. Effectiveness

- How effective was the product overall for pain relief? (Rate 1-5)

- How effective was the product overall for reducing inflammation? (Rate 1-5)

2. Would You Recommend?

- Would you recommend this product to others? Why or why not?

3. Overall Experience

- Please share any additional feedback or suggestions.