A quick guide to reading your CBD oil label

Find the bottle total, compare the arithmetic, and know what a sample report can—and cannot—tell you.

A product label helps you identify the bottle, amount, ingredients and directions. This guide explains label arithmetic and where to find supporting information. It does not recommend a personal amount or promise a health result.

1 Check the product and bottle size

Confirm the product name, strength and bottle volume on the package you received. USA Medical CBD Oil bottles in this range are labeled as 30 mL bottles. Follow the directions and cautions printed on your current product.

2 Understand the bottle total

The milligram amount on the front is the labeled CBD total for the full bottle. To compare the label amount across a 30 mL bottle, divide the bottle total by 30 mL:

Bottle label	Calculation	Approx. per 1 mL
500 mg / 30 mL	500 ÷ 30	**16.7 mg**
1,000 mg / 30 mL	1,000 ÷ 30	**33.3 mg**
3,000 mg / 30 mL	3,000 ÷ 30	**100 mg**

These are approximate comparisons derived from the labeled bottle total. They are not directions or a recommended personal serving. Use the measuring marks and instructions supplied with your current product; do not substitute this arithmetic for the package directions.

Check ingredients, directions and report limits

Use the current package for product directions. Use a report only for the sample and results it identifies.

3

Find ingredients and cautions

Read the complete ingredient list and the current label's directions and cautions. If anything on the package differs from a website description, use the package information and contact customer support about a product or order question.

4

Read a sample report carefully

A report applies to the sample it identifies. Check its laboratory, sample number, collection date, report date, test method and analytes. A result marked "ND" means below that report's stated reporting threshold; it does not prove absolute zero.

About the available USA Medical reports

The reports describe samples tested in October 2023. Their published batch fields are blank, and these reports are not current-lot verification or a complete contaminant panel.

5

Keep personal notes private

If you use the optional printable planner, keep it for yourself. It does not calculate or recommend an amount. Do not send private routine, medication, symptom or free-text notes to USA Medical.

Questions?

For a delivery, damaged-item or order question, **contact USA Medical support**. For a personal-use or medication question, speak with a clinician or pharmacist.

Compare labeled CBD oil strengths **Read the label guide**

General product information only; not medical advice. Follow the current package label.