



Harmony®

Suggested Use



Dear Valued Customer,

Thank you for your order! We pride ourselves in extending you a hands-on-approach to using our products. Below you will find detailed information to achieve success using Harmony CBD (formerly Palmetto Harmony). If at any time you have a concern, feel free to contact us via the information below, we are happy to help! It is our goal to provide you with the **highest quality, purest CBD products** in the industry at the **lowest possible cost**. Again, thank you for placing your trust in our company and our products!

Janel Ralph
CEO



Harmony CBD Full-Spectrum Hemp CBD Oil (Ingestible)

Harmony Hemp CBD Oil can be used with any pharmaceutical drug on the market and is not toxic when doing so. It can, however, compete with pharmaceuticals on the same enzyme when processing. This competition can result in certain drug levels becoming elevated or deflated in the bloodstream (see attached drug interaction sheet on page 14). Please consult your physician when using Harmony CBD in conjunction with any pharmaceuticals. You must schedule a blood draw 3 weeks after starting the oil (comprehensive metabolic panel and blood trough levels) to check levels of all pharmaceuticals and assure no interaction is occurring. If Harmony is elevating levels of any drug, consult your physician about lowering the levels of the drug to keep within therapeutic range and monitor closely every month.



Ingredients: Organic MCT Oil (Coconut) and Organic Hemp Flower Extract

If you are on a drug that Harmony has been known to elevate the levels of (see attached drug interaction chart on page 14) and are already at its highest therapeutic amount, we recommend lowering that drug **BEFORE** starting the oil. You should not change any pharmaceutical drug once you start Harmony until you and your physician find the appropriate therapeutic amount (except for a drug that is elevating out of therapeutic range). Together, with your doctor's permission, adjust any medications prior to starting the oil to eliminate any changes made during the first phase of Harmony. It is very important that no other variables are added or removed when starting the oil. This helps determine the right starting amount for each person. Your therapeutic range will be very individualized and depends on how your body processes the oil. As an example; we have adults that take 1mL a day with great success and children who take 4mL a day with great success.



Harmony CBD Full-Spectrum Hemp CBD Oil (Ingestible)

Harmony CBD works as an anti-inflammatory, everyday wellness/health promoter, as well as a mental wellness assistant. However, it is not like a typical synthetic drug in that you feel its effects immediately. It may take several weeks to achieve relief while the cannabidiol builds up in the body's fat cells and tissues. Also, each change in the amount being ingested can prolong an individual's ability to find that person's optimal amount. Keep in mind some people do see changes immediately, but for most this is a process. Our third rule of thumb, and the most important when finding the perfect amount for a consumer, is to **make only one change every three weeks**. It is the **THREE WEEKS TO STEADY** rule!



Ingredients: Organic MCT Oil (Coconut) and Organic Hemp Flower Extract, Organic Orange Oil, Organic Stevia Extract Powder



Using Harmony for Neurological Wellness

When using Harmony, we have several tried and true methods that work well with our product. First rule of thumb: **LESS IS MORE**. Whatever product you have used before or whatever you have read, it does not apply to Harmony. **MORE IS NOT BETTER** when dealing with neurological wellness. This is a whole plant oil and contains all compounds (cannabinoids and terpenes) within the cannabis hemp plant. This is not a single compound product; therefore, finding the optimal amount is different from a product that uses a single cannabis compound. When amounts are too high with Harmony you can see an increase in neurological activity, so it is imperative that we start low and go very slow to find the correct amount per person.

Below is the formula for finding a person’s starting amount when assisting with neurological wellness:

FORMULA:

Person’s Weight (in lbs.) x 0.25 = Target CBD Amount (in mg)
Target CBD Amount divided by 20 = Amount of Harmony Oil per Day (in ml)
Amount of Harmony Oil divided by 2 or 3 (preferred number of doses)
= Amount of Harmony Oil per Dose in MLs (in ml)

EXAMPLE:

50lb person x 0.25 = 12.5
12.5 / 20 = 0.625
0.625 / 2 (number of doses per day) = 0.31 ml’s

SIMPLIFIED:

If Taking 2 Doses per Day : Person’s Weight (in lbs) divided by 180
= Amount of Harmony Oil per Dose in MLs (in ml)
If Taking 3 Doses per Day: Person’s Weight (in lbs) divided by 240
= Amount of Harmony Oil per Dose in MLs (in ml)



Using Harmony for Neurological Wellness

MAKE SURE THE TIME BETWEEN AMOUNTS REMAINS CONSISTENT.
FOR EXAMPLE: IF YOU ARE INGESTING TWO TIMES A DAY, CONSUME HARMONY 12 HOURS APART. IF YOU CONSUME THREE TIMES A DAY, INGEST OUR OIL 7-8 HOURS APART. MOST IMPORTANT: YOU MUST INGEST OUR OIL AT LEAST 2 HOURS BEFORE OR AFTER ANY SYNTHETIC DRUG.

Within the first 5 days of starting Harmony, if you see an increase in neurological activity, do not ingest the oil for 24 hours and then resume consuming at half of the starting amount. For example, per the formula above: you would reintroduce the oil after the 24-hour period at 0.15ML's, 2 times a day, 12 hours apart and at least 2 hours apart from any pharmaceuticals. Almost all increase in neurological activity, when the oil was first introduced, comes from either a hypersensitive child who is extremely cannabinoid deficient or a direct blockage by a pharmaceutical drug. By lowering the amount oil, that blockage will dissipate, and the drug interaction will be lessened.

After starting Harmony If you see no changes (no increase in cognition, decrease in overactive brain firing occurrences or length) then we allow **ONE** increase before the 3 week mark. That is **ONLY** right after you start and if you have **NO changes** occurring at all. If there are no changes, on the 14th day you can administer your first increase of 1/3 of the starting amount. The example above is: $0.31 \times .33 = 0.10 + 0.31 = 0.41$ ML's (this would be the new amount two times a day so every increase that will be made at each amount will be .10 if you had a child that was 50 pounds).



Using Harmony for Neurological Wellness

Every time you increase you must hold at that amount for THREE WEEKS to see what that new amount will be able to accomplish. Don't make any changes until after three weeks. If at any time you are seeing success then **DO NOT INCREASE**, and make a note of the amount at which you are seeing success. You will need this amount for "reboots" in the future. If you increase the ingestible amount and see a noticeable increase in overactive brain firing activity that is persistent and **NOT DUE** to any environmental issues, then decrease immediately to the lower amount as you have just overshot your therapeutic range.

Finding the right therapeutic amount is a challenge but is the key in making any cannabis plant oil to work. If you understand the three rules, then finding your right amount will be an easier journey. Also, keep in mind, even though we use a person's body weight as a starting point this oil has nothing to do with how much a person weighs when it comes to neurological wellness. So higher weight does not necessarily mean higher amounts. In the words of one of the most respected Neurologist, "Is your brain gaining weight?"

The three most important points are:

- I. **LESS IS MORE** - This is NOT a single compound CBD oil and therefore is unique compared to other CBD oils on the market. Harmony is a **WHOLE PLANT CBD OIL** and therefore amounts are very different regardless of what is on the internet or other companies have recommended for their ingestible amounts.
- II. **THREE WEEKS TO STEADY** - This is not a sprint; this is a long-distance marathon. Every change takes 3 weeks to see what that change do.
- III. **TOO HIGH OF AN AMOUNT CAN CAUSE MORE NEUROLOGICAL WELLNESS CONCERNS** - If you ingest too high please see rebooting information below.



Using Harmony for Neurological Wellness

REBOOTING:

This is a term coined by several of us parents who realized that our kids were ingesting the oil too high, in turn, having an increase in neurological wellness activity. Since most of our kids are non-mobile and the oil builds up into the fat cells and tissues in the body, we noticed after several weeks—even at small daily amounts—some odd tics or repetitive neurological activities that was a “out of the norm.” In some cases, there were increases in neurological wellness concerns versus BEFORE the oil.

We’ve found removing the oil completely for 24–48 hours (depending on the child) depleted the buildup in their bodies and allowed our kids to receive a more stable neurological wellness for long stints at a time (most reboots are needed with very complicated cases of neurological wellness only and seem to be needed more when a child is using pharmaceuticals). Harmony is NOT addictive and is NOT a synthetic drug, so it can be removed at any time and a person will not go through withdrawal or have increased neurological activity like we see with AED’s (Anti-Epileptic Drugs). This oil is from a plant that our body naturally processes and is not held to regulations that the pharmaceutical drug industry puts forth. This oil also allows for a tremendous amount of empowerment in treating seizures. You can stop, start and change dosing schedules any time without fear of DTs or side effects normally associated with pharmaceuticals. In simple terms, Harmony should be treated as a food product because that’s truly what it is.



Using Harmony for Neurological Wellness

RULES FOR REBOOTING:

ONLY DO IF YOU SEE AN INCREASE IN NEUROLOGICAL ACTIVITY (increase means more concern with the wellness prior to starting the oil.) DO NOT reboot if you start having breakthrough overactive brain firing. Breakthroughs requires an increase but ONLY if they come consistently over a week (most of our kids still have mild breakthrough activities) For occasional breakthrough concerns don't make drastic amount changes. Stay steady. For consistent breakthroughs you will need to INCREASE current ingesting amount.)

To reboot remove all oil cold turkey for 24-48 hours, (some parents have removed for up to a week, but we recommend 24-48 hours) then start the oil back at the very first amount you saw success with. Parents sometimes note after the first 24 hours the neuro activities subside. Some parents who have not added Harmony back in have noted going up to 12 days of neuro activity-free on no oil. Then the neuro activities patterns return prior to using the oil, so they need to re-implement the oil back in. We only recommend a 24-48-hour reboot, but you know your child best.

We understand that we have a lot of clients who want to wean down their current pharmaceuticals as fast as possible, BUT we do NOT recommend starting any weaning until you find a comfortable therapeutic amount, then and only then, (unless you need to wean due to a direct interaction) we encourage consulting with your physician to start a drug wean. This will lessen the number of variables that go into finding the right therapeutic amount. Most Harmony users are taking .2 MG's of CBD per pound to 0.75 MG's per pound and finding a nice therapeutic amount within that range. However, we do have a select few cases who are taking upwards of 2-3 MG's per pound, but these are very few and far between.



Using Harmony for Neurological Wellness

Always keep a neuro activity journal if you are not already. Consult the journal before making any decisions on amounts (even small daily amounts) to see if neuro activity is increasing enough to warrant an increase. For rebooting you will know if it is necessary. Your instinct will be your best guide in finding the right therapeutic amount for your own child. You are your child's best caregiver!

If you have questions or concerns, contact us anytime using the information below towards the end of the page, and we will guide you. Also, we can invite you to join our secret Facebook group made up of all Harmony users and parents upon request. If you would like to be added to the group, please email us at janel@palmettoharmony.com with your request. Include your Facebook username and state of residence. You will get a friend request from Janel Ralph. Once you accept, we will add you to the group. The group is set to 'secret' so only members can see what we post, and it cannot be searched. This is your support network! You can ask questions, compare usage regimens, cry and celebrate with parents and individuals who have walked the same path as you and ultimately found success with Harmony.



Using Harmony for Everyday Wellness & Health

This is the standard protocol for ingestible amounts with Harmony.
(DO NOT USE THE FOLLOWING CHART FOR NEUROLOGICAL WELLNESS)

Follow these regimen formulas for 14 days:

<p>Child 50lb or Less Starting Amount: 0.5ml two times a day - 12 hours apart & at least an hour and a half away from any pharmaceuticals</p>	<p>Person 50lb - 90lb Starting Amount: 0.75ml two times a day - 12 hours apart & at least an hour and a half away from any pharmaceuticals</p>	<p>Person 90lb or more Starting Amount: 1ml two times a day - 12 hours apart & at least an hour and a half away from any pharmaceuticals</p>
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If no changes occur within 14 days, double the starting amount, then hold that amount for 3 weeks. Make notes of any changes/relief. If within this 3-week period change/relief is felt, continue with the same amount for the full 3 weeks before increasing. Then adjust the amount based on what you feel appropriate for yourself or your child. You can also add an afternoon amount.

The two rules that always apply:

- I. **LESS IS MORE** - Your body will reach a saturation rate. We see it with neuro activity patients, so less is more in most all cases.
- II. **THREE WEEKS TO STEADY** - It takes three weeks for any given amount to build up into the fat cells and tissue of the body. Therefore, it takes 3 weeks to see what that amount will do for each individual and their specific condition. Only make changes every three weeks.



Using Harmony for Everyday Wellness & Health

Always keep a journal or daily log of how your wellness is progressing. Consult your journal before making decisions on changing amounts using the 3-week rule. Some people feel immediate relief with the first amount they take. Others will take 1-2 bottles (up to 6 weeks) before they find relief or wellness improvement from the oil. The key is finding the right therapeutic amount for you. Every individual's body will process the oil differently depending on their level of cannabinoid deficiency, pharmaceuticals taken, diet and, other factors.

If you have questions or concerns, contact us anytime using the below information and we will guide you. We also encourage to use the Facebook group as another network for guidance. This is your support network! You can ask questions, compare usage regimens, cry and celebrate with parents and individuals who have walked the same path as you and ultimately found success with Harmony.

Side Effects of Harmony

Some clients have noted lethargic behavior the first few weeks of starting the oil or the opposite effect of over hyperactivity. Some experience loose stool or increased salivation. Most all comment this passes within the first three weeks of use. Amounts too high of CBD oil can result in an increase in neurological activity, irritability, and a decrease in appetite. Please consult your physician before using Harmony. Again, the oil could lower or increase the levels of certain pharmaceuticals in the bloodstream, so you must schedule a blood draw within 3-4 weeks of starting the oil to monitor any possible interactions with pharmaceuticals.



Other Harmony Products

Harmony Softgels



For Anti-Inflammatory and General Wellness:

For those 115lb and under: Ingest 1 softgel daily

For those over 115lb: Ingest 2 softgels daily

Harmony Topicals (Lotions, Balms, Body Oils, Skin-Care, & Muscle Rubs)



Use daily as needed.



Other Harmony Products

Harmony CBD Oil for Pets

Fill the dropper or included syringe to the desired amount for your pet, and administer orally. People generally administer 0.1ml for every 20lb of pet weight.

If your pet doesn't comply well or does not prefer oral administration, try: mixing the product with wet food, dry food, in peanut butter (for dogs), treats, or water.



Harmony Aura - Vape Products



Use daily as needed.



Other Harmony Products

Harmony Gummies



Sleep: Ingest 1 – 3 gummies before bed as needed.

Focus: Ingest 1 – 3 gummies daily as needed.

Gut-Health: Ingest two gummies daily.



IF DRUG IS NOT LISTED, IT COULD STILL POSSIBLY REACT!	Harmony may INCREASE the level of the drug in the bloodstream	Harmony may DECREASE the level of the drug in the bloodstream	This drug may LOWER the levels of Harmony in the bloodstream	This drug may INCREASE the level of Harmony in the bloodstream
Amitriptyline (Elavil)				X
Carbamazepine (Tegretol)			X	
Carisoprodol (Soma)	X			
Citalopram (Celexa)	X			
Clarithromycin (Biaxin)				X
Clobazam (*Onfi)	X*			
Clomipramine (Anafranil)				X
Diazepam (Valium)	X			
Felbamate (Felbatol)	X			
Fluconazole (Diflucan)				X
Imipramine (Tofranil)				X
Ketoconazole (Nizoral)				X
Lansoprazole (Prevacid)	X			
Meperidine (Demerol)		X		
Midazolam (Versed)		X		
Omeprazole (Prilosec)	X	X		
Phenobarbital			X	
Phynetoin (Dilantin)	X		X	
Rifampin			X	
St. John's Wort			X	
Telithromycin (Ketek)				
Temazepam (Restoril)		X		
Valproic Acid (**Depakote)		X**		

*This drug can initially be blocked by Harmony. After prolonged use of Harmony (over a two-week period) can begin to elevate the levels of this drug sometimes doubling the levels in the bloodstream. This drug needs to be closely monitored while on Harmony.

**Harmony will block this drug from entering the bloodstream. Extended use can drastically lower the levels of this drug in the bloodstream. This results in a wean-type process and can cause the oil to not be as effective. This needs to be considered when starting the oil and the levels should be monitored closely.