



CANNABIS TINCTURE & OIL GUIDE

CHOOSE A DOSAGE PROGRAM

Visit <https://healer.com/programs> to choose one of Dr. Sulak's step-by-step dosage programs.



New to Cannabis



Experienced user

HOW TO USE A LIQUID CANNABIS TINCTURE OR OIL

- **Oil based** - administer directly in the mouth and let it absorb through mucous membrane under tongue or between the gum and cheek. Wait 1 to 2 mins and swallow.
- **Alcohol** - mix with a small amount of water, swish around mouth for 1 to 2 minutes and swallow.



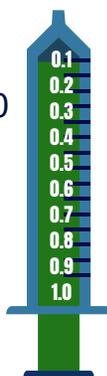
HOW TO MEASURE MG PER DOSAGE

USING A SYRINGE

Choose a product with 10 - 40 mg/ml

$0.1 \text{ ML} = (\text{___ mg/ml potency}) \div 10$

40 mg/ml	0.1 ml = 4 mg
30 mg/ml	0.1 ml = 3 mg
25 mg/ml	0.1 ml = 2.5mg
20 mg/ml	0.1 ml = 2 mg
10 mg/ml	0.1 ml = 1 mg

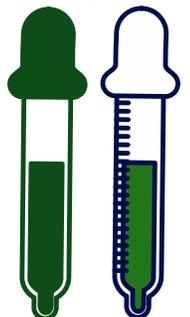


USING A STANDARD DROPPER

1 drop = 0.05ml, 20 drops = approximately 1ml

1 drop = $(\text{___ mg/ml potency}) \div 20$

40 mg/ml	1 drop = 2 mg
30 mg/ml	1 drop = 1.5 mg
20 mg/ml	1 drop = 1 mg
10 mg/ml	1 drop = 0.5 mg



Healer is not recommending or endorsing the use of any specific cannabis or hemp products, brand or manufacturer. This guide is for informational and educational purposes only. This guide does not create a patient-physician relationship and should not be used as a substitute for medical advice nor take the place of medical advice or treatment from a personal physician.



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CANNABIS TINCTURE & OIL DOSING RECOMMENDATIONS

STARTING DOSAGE to be used for _____

- _____ mg THC + _____ mg CBD per dose
other instructions _____
(e.g. terpene profile, other cannabinoids, etc.)

HOW MANY TIMES PER DAY?

- Morning
 Midday
 Evening
 Before Bed
 As needed every ___ hours
-

STARTING DOSAGE to be used for _____

- _____ mg THC + _____ mg CBD per dose
other instructions _____
(e.g. terpene profile, other cannabinoids, etc.)

HOW MANY TIMES PER DAY?

- Morning
 Midday
 Evening
 Before Bed
 As needed every ___ hours
-

TITRATION INSTRUCTIONS

- Stay at starting dose(s) for _____ days.
Increase dose by approx. 50% if you notice no effects, or by 25% if you notice some effects,
 every ___ days.
Increase dose by ___ mg THC + ___ mg
 + ___ mg CBD + ___ mg THCA + ___ mg CBDA every ___ days until you reach your optimal dose.
- If you experience sustained side effects or decreased effectiveness after a dosage increase, you have exceeded your optimal dose. Please return to the previous dosage.
- For more detailed dosing adjustments to fine-tune your response, please discuss with your healthcare provider.

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