



FINDING YOUR RATIO

Personalized Medicine

For anxiety, depression, spasms, and pediatric seizure disorders, many patients initially find they do best with a moderate dose of a CBD dominant remedy (a CBD:THC ratio of more than 14:1). But a low THC remedy, while not intoxicating, is not necessarily the best therapeutic option. A combination of CBD and THC will likely have a greater therapeutic effect for a wider range of conditions than CBD or THC alone.

In essence, the goal is to self-administer consistent, measurable doses of a CBD-rich remedy that includes as much THC as a person is comfortable with.

Cannabis therapeutics is personalized medicine. The right treatment regimen depends on the person and condition being treated. Many people enjoy the cannabis high and can consume reasonable doses of any cannabis product without feeling too high or dysphoric. Finding your ratio is the first step to effective treatment.

Dosing Guidelines

1. Decide how you want to take cannabis.
2. Begin with a low dose especially if you have little or no experience with cannabis.
3. Take a few small doses over the course of the day rather than one big dose.
4. Use the same dose and ratio for several days. Observe the effects and if necessary adjust the ratio or amount.
5. Don't overdo it. "Less is more" is often the case with cannabis therapeutics.
6. Be aware of possible side effects. Depending upon delivery method and individual tolerance, it can amplify anxiety and mood disorders.
7. Consult your health counsellor. Proceed cautiously, especially if you have a history of alcohol or drug abuse, mental illness, or are pregnant or breastfeeding.

CBD TINCTURE	
.25 ml	10 mg CBD
.50 ml	20 mg CBD
.75 ml	30 mg CBD
1 ml	40 mg CBD
30 ml	1200 mg CBD
20:1 TINCTURE	
.25 ml	9.5 mg CBD / .50 mg THC
.50 ml	19 mg CBD / 1.0 mg THC
.75 ml	28.5 mg CBD / 1.5 mg THC
1 ml	38 mg CBD / 2 mg THC
30 ml	1140 mg CBD / 60 mg THC
1:1 TINCTURE	
.25 ml	5 mg CBD / 5 mg THC
.50 ml	10 mg CBD / 10 mg THC
.75 ml	15 mg CBD / 15 mg THC
1 ml	20 mg CBD / 20 mg THC
30 ml	600 mg CBD / 600 mg THC
THC TINCTURE	
.25 ml	8.33 mg THC
.50 ml	16.65 mg THC
.75 ml	24.99 mg THC
1 ml	33.3 mg THC
30 ml	1000 mg THC

