



## USAGE GUIDE FOR PATIENTS

# THC Tincture

A guide to help achieve the correct dosage and desired effects.

First, consult with a physician. Then, begin with the lowest recommended dose and gradually increase by 1 - 2 mg per dose to find your optimal dose.

THC PER DOSE	WHAT TO EXPECT	WHO IS IT FOR?
1 - 2.5 mg THC	<ul style="list-style-type: none"><li>• Mild relief of pain, stress, anxiety and other symptoms</li><li>• Can improve focus and creativity</li></ul>	<ul style="list-style-type: none"><li>• First-time patients</li><li>• Microdosers</li></ul>
2.5 - 15 mg THC	<ul style="list-style-type: none"><li>• Stronger symptom relief</li><li>• Euphoria</li><li>• May impair coordination and alter perception</li></ul>	<ul style="list-style-type: none"><li>• Patients with persistent problems</li><li>• Restless sleepers</li></ul>
15 - 30 mg THC	<ul style="list-style-type: none"><li>• Strong euphoria or unwanted effects in unaccustomed patients</li><li>• May impair coordination and alter perception</li></ul>	<ul style="list-style-type: none"><li>• Well-seasoned patients</li><li>• Medical patients with developed tolerances</li><li>• Experienced patients seeking to sustain sleep</li></ul>
30 - 50 mg THC	<ul style="list-style-type: none"><li>• Very strong euphoria or unwanted effects in unaccustomed patients</li><li>• Likely to impair coordination and alter perception</li></ul>	<ul style="list-style-type: none"><li>• Patients who have poor GI absorption of cannabinoids</li><li>• People with significant tolerance to THC</li></ul>
50 - 100 mg THC	<ul style="list-style-type: none"><li>• Can cause extreme side effects such as rapid heart rate, nausea and pain</li><li>• Highly likely to impair coordination and alter perception</li></ul>	<ul style="list-style-type: none"><li>• For experienced THC patients only</li><li>• Patients with cancer, inflammatory disorders or conditions that necessitate high doses</li></ul>



QUALIFYING CONDITION / DISEASE STATE	RELATED SYMPTOM TREATED BY CANNABIS
AIDS	Decreased Appetite Pain Anxiety Depression
ALS	Decreased Appetite Pain Depression
ALZHEIMER'S	Agitation & Aggression
AUTISM SPECTRUM	Anxiety Depression Restlessness
CANCER <i>End Stage</i>	Nausea Vomiting Decreased Appetite Pain Depression
CHRON'S DISEASE	Nausea Decreased Appetite Pain
EPIDERMAOLYSIS BULLOSA	Decreased Appetite Pruritis (Itching) Inflammation Pain Blistering Insomnia
HOSPICE	Gastrointestinal Issues Pain Anxiety Depression Insomnia
INTRACTABLE PAIN	Pain
MITOCHONDRIAL DISEASE	Cellular Homeostasis (Balance Autophagy & Apoptosis)
MULTIPLE SCLEROSIS <i>Severe, End Stage</i>	Pain Stiffness Muscle Spasms
PARKINSON'S DISEASE	Pain Insomnia Tremors Motor Function
PERIPHERAL NEUROPATHY	Inflammation Pain
PTSD	Pain Anxiety Depression Insomnia
SEIZURE DISORDER <i>Epilepsy, Head Trauma</i>	Seizures
SICKLE CELL DISEASE	Pain
TOURETTES	Tics

## THC

NAUSEA  
 VOMITING  
 DECREASED APPETITE  
 GASTROINTESTINAL ISSUES

Recommended Formulations: **1:10**  
 Recommended Modality: **Tincture or Capsule**  
 Notes/Guidance:

PRURITIS (ITCHING)  
 INFLAMMATION

Recommended Formulations: **1:10 or 1:1**  
 Recommended Modality: **Tincture, Capsule or Topical**  
 Notes/Guidance:

PAIN  
 STIFFNESS

Recommended Formulations: **1:1**  
 Recommended Modality: **Tincture, Capsule or Topical**  
 Notes/Guidance:

BLISTERING  
 CELLULAR HOMEOSTASIS  
 AGITATION/ AGGRESSSION  
 DEPRESSION  
 INSOMNIA/ RESTLESSNESS

Recommended Formulations: **1:1 or 10:1**  
 Recommended Modality: **Tincture, Capsule or Topical**  
 Notes/Guidance:

TREMORS  
 TICS  
 SEIZURES  
 MUSCLES SPASMS / MOTOR FUNCTION

Recommended Formulations: **10:1 or 20:1**  
 Recommended Modality: **Tincture, Capsule or Topical**  
 Notes/Guidance:

## CBD



# MEDICAL CANNABIS Relief Journal

Name

Date / /

Notes

Always consult with a physician in support of medical cannabis to determine the best approach for your specific needs.

Date	Time Taken	Time Affects Noticed	Tincture, Capsule, or Topical (circle one)	Medication & Dose	Effect (circle one)	Condition	Symptom	Notes	Relief Scale (1 least - 10 highest amount of relief)
/			<input type="checkbox"/> Tincture <input type="checkbox"/> Capsule <input type="checkbox"/> Topical		None · Minimal · Good · Adverse				1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
			<input type="checkbox"/> Tincture <input type="checkbox"/> Capsule <input type="checkbox"/> Topical		None · Minimal · Good · Adverse				1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
/			<input type="checkbox"/> Tincture <input type="checkbox"/> Capsule <input type="checkbox"/> Topical		None · Minimal · Good · Adverse				1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
			<input type="checkbox"/> Tincture <input type="checkbox"/> Capsule <input type="checkbox"/> Topical		None · Minimal · Good · Adverse				1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
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