



MedReleaf Oil Titration Guide

Oils are best absorbed when taken with fatty foods.

CBD Blend : Avidekel Oil (CBD 20-25 mg/ml + THC <2 mg/ml)

Ideal CBD daily target: 60-75mg; although there is no maximum dose for CBD.

Timeline	AM Dose	Midday	Afternoon	Night	Notes
Day 1	0.25ml	0.25ml	0.25ml	-	
Day 2	0.3ml	0.3ml	0.3ml	-	
Day 3	0.4ml	0.4ml	0.4ml	-	
Day 4	0.5ml	0.5ml	0.5ml	-	
Day 5	0.6ml	0.6ml	0.6ml	-	
Day 6	0.7ml	0.7ml	0.7ml	-	
Day 7	0.8ml	0.8ml	0.8ml	-	
Day 8	0.9ml	0.9ml	0.9ml	-	
Day 9	1.0ml	1.0ml	1.0ml	-	3ml/day = 60-75 mg CBD + <6 mg THC
Day 10+	1.0ml	1.0ml	1.0ml	-	May increase by 0.1ml each day, until relief is achieved.

THC Blends : Stellio Oil (THC 22-25 mg/ml) Sedemen Oil (THC 18-21 mg/ml)

Increase dose by 0.1ml every 2 nights until sleeping through the night; continue at that dose for desired relief. Start low, go slow.

THC remains active in the body for 8-12 hours. Do not drive, operate heavy machinery, or utilize during work hours.

Timeline	AM Dose	Midday	Afternoon	Night	Notes
Day 1	-	-	-	0.2ml	90-120 minutes before bed
Day 2	-	-	-	0.2ml	90-120 minutes before bed
Day 3	-	-	-	0.3ml	90-120 minutes before bed
Day 4	-	-	-	0.3ml	90-120 minutes before bed
Day 5	-	-	-	0.4ml	90-120 minutes before bed
Day 6+	-	-	-	0.4ml	90-120 minutes before bed

Stellio Oil conversion 0.2ml = 4.4-5.0 mg THC
Sedemen Oil conversion 0.2ml = 3.6-4.2 mg THC

1:1 Blend : Midnight Oil (CBD 10-13 mg/ml + THC 14-17 mg/ml)

Increase dose by 0.1ml every second dose until you reach desired relief; continue at that dose when needed.

If following dose is on the same day, allow 4-5 hours in between doses.

THC remains active in the body for 8-12 hours. Do not drive, operate heavy machinery, or utilize during work hours.

Timeline	Dose	Notes
1st Dose	0.2ml	Onset 90 - 120 minutes
2nd Dose	0.2ml	Onset 90 - 120 minutes
3rd Dose	0.3ml	Onset 90 - 120 minutes
4th Dose	0.3ml	Onset 90 - 120 minutes
5th Dose	0.4ml	Onset 90 - 120 minutes
6th Dose+	0.4ml	Onset 90 - 120 minutes

Oil conversion 0.2ml = 2.8-3.4mg CBD + 2.0-2.6mg THC



MedReleaf Capsule Titration Guide

Capsules are best absorbed when taken with fatty foods.

CBD Capsules : Avidekel Softgels (CBD 17-20 mg/capsule + THC <1.5 mg/capsule)

Ideal CBD daily target: 60-75mg; although there is no maximum dose for CBD.

Timeline	AM Dose	Midday	Afternoon	Night	Notes
Day 1	1	0	0	-	17-20 mg CBD + <1.5 mg THC
Day 2	1	0	0	-	17-20 mg CBD + <1.5 mg THC
Day 3	1	1	0	-	34-40 mg CBD + <3.0 mg THC
Day 4	1	1	0	-	34-40 mg CBD + <3.0 mg THC
Day 5	1	1	1	-	51-60 mg CBD + <9.0 mg THC
Day 6	1	1	1	-	51-60 mg CBD + <9.0 mg THC
Day 7+	2	1	1	-	85-100 mg CBD + <12 mg THC

THC Capsules : Sedemen Softgels (THC 4-6 mg/capsule)

THC remains active in the body for 8-12 hours. Do not drive, operate heavy machinery, or utilize during work hours.

Timeline	AM Dose	Midday	Afternoon	Night	Notes
Day 1	-	-	-	1	90 - 120 minutes before bed
Day 2	-	-	-	1	90 - 120 minutes before bed
Day 3	-	-	-	1	90 - 120 minutes before bed
Day 4	-	-	-	2	90 - 120 minutes before bed
Day 5	-	-	-	2	90 - 120 minutes before bed
Day 6+	-	-	-	2	90 - 120 minutes before bed

1:1 Softgels : Midnight Softgels (CBD 2-4 mg/capsule + THC 1-3 mg/capsule)

If following dose is on the same day, allow 4-5 hours in between doses.

THC remains active in the body for 8-12 hours. Do not drive, operate heavy machinery, or utilize during work hours.

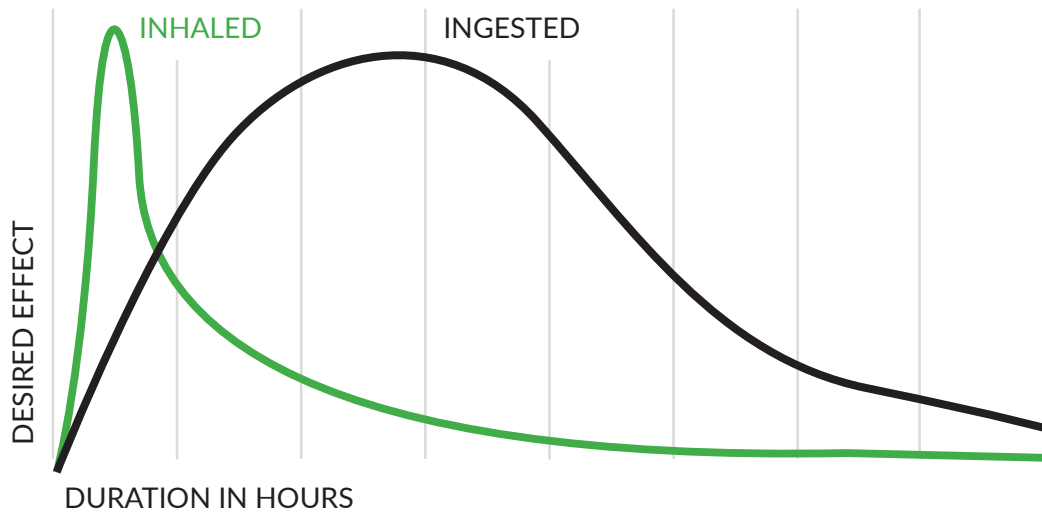
Timeline	Dose	Notes
1st Dose	1	Onset 90 - 120 minutes
2nd Dose	1	Onset 90 - 120 minutes
3rd Dose	1	Onset 90 - 120 minutes
4th Dose	2	Onset 90 - 120 minutes
5th Dose	2	Onset 90 - 120 minutes
6th Dose+	2	Onset 90 - 120 minutes

Dosing Information

Some of the most common questions we receive during follow up appointments are dosing related.

When it comes to CBD it is important to remember that there is a cumulative effect in the body and many patients see a drastic benefit after 6 weeks of continued use.

There is also no maximum dose for CBD and it is common for patients to use 1mL 3x daily to reach their desired symptom relief.



In terms of time, ingesting and vaporizing will vary significantly, both in terms of onset and total duration.

When vaporizing your cannabis, the onset is instant and usually lasts for 2-3hrs. When you ingest your cannabis, you can expect an onset of 1-3hrs with effects lasting anywhere from 6-8hrs.

Some of our patients, with more extreme conditions, are finding relief vaporizing while waiting for their ingested treatment to activate.

