



HYDROAPOTHECARY







HARVEST
MEDICINE

Hydro Apothecary Oil Titration Guide

Oils are best absorbed when taken with fatty foods.

CBD Blend : Elixir CBD Spray (CBD 5-6 mg/spray + THC <0.4 mg/spray)





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

Timeline	 AM Sprays	 Midday	 Afternoon	 Night	Notes
Day 1	1	1	1	-	3 sprays = 15-18 mg CBD + <1.2 mg THC
Day 2	2	2	2	-	
Day 3	2	2	2	-	6 sprays = 30-36 mg CBD + <2.4 mg THC
Day 4	3	3	3	-	
Day 5	3	3	3	-	9 sprays = 45-54 mg CBD + <3.6 mg THC
Day 6	4	4	4	-	
Day 7+	4	4	4	-	12 sprays = 60-72 mg CBD + <4.8 mg THC

THC Blend : Elixir THC Spray (THC 2.5-2.8 mg/spray)

Increase dose by 1 spray 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 Sprays	 Midday	 Afternoon	 Night	Notes
Day 1	-	-	-	1	30- 45 minutes before bed (1 spray = 2.5-2.8 mg THC)
Day 2	-	-	-	1	30- 45 minutes before bed
Day 3	-	-	-	2	30- 45 minutes before bed (2 sprays = 5.0-5.6 mg THC)
Day 4	-	-	-	2	30- 45 minutes before bed
Day 5	-	-	-	3	30- 45 minutes before bed (3 sprays = 7.5-8.4 mg THC)
Day 6+	-	-	-	3	30- 45 minutes before bed



HYDROPOTHECARY



HARVEST MEDICINE

HydroPothecary Capsule Titration Guide

Capsules are best absorbed when taken with fatty foods.

CBD Blend : Decarb Capsules (Available in Micro and High Doses)

High Dose (per capsule) = CBD 23.34mg Micro Dose (per capsule) = CBD 1.86mg

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

Timeline	AM Dose	Midday	Afternoon	Night	Notes
Day 1	1/4	1/4	1/4	-	Only fill capsule 1/4 full
Day 2	1/4	1/4	1/4	-	CBD/day : Micro = 1.4mg High = 17.5mg
Day 3	1/2	1/2	1/2	-	Only fill capsule 1/2 full
Day 4	1/2	1/2	1/2	-	CBD/day : Micro = 2.8mg High = 35.0mg
Day 5	3/4	3/4	3/4	-	Only fill capsule 3/4 full
Day 6	3/4	3/4	3/4	-	CBD/day : Micro = 4.2mg High = 52.5mg
Day 7+	1	1	1	-	Fill whole capsule CBD/day : Micro = 5.6mg High = 70.0mg

THC Blend : Decarb Capsules (Available in Micro, Mid and High Doses)

High Dose (per capsule) = THC 6.8mg Mid Dose (per capsule) = THC 3.67mg Micro Dose (per capsule) = THC 0.73mg

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	-	-	-	1/2	Only fill capsule 1/2 full
Day 2	-	-	-	1/2	THC/day : Micro = 0.37mg Mid = 1.83mg High = 3.4mg
Day 3	-	-	-	1	Take one full capsule
Day 4	-	-	-	1	THC/day : Micro = 0.73mg Mid = 3.67mg High = 6.8mg
Day 5	-	-	-	1.5	Take one full capsule and one half capsule
Day 6	-	-	-	1.5	THC/day : Micro = 1.10mg Mid = 5.5mg High = 10.2mg
Day 7+	-	-	-	2	Take two full capsules THC/day : Micro = 3.66mg Mid = 7.3mg High = 13.6mg

1:1 Blend : Decarb Capsules (CBD 5 mg/ml + THC 5 mg/ml)

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.

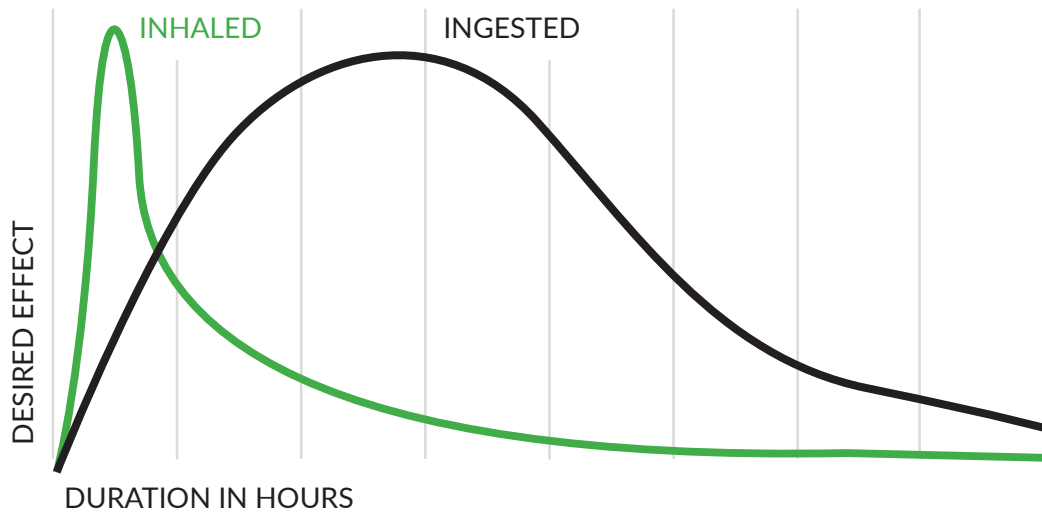
Timeline	Dose	Notes
1st Dose	1/2	Only fill capsule 1/2 full
2nd Dose	1/2	Total daily CBD 3.57mg + THC 1.66mg
3rd Dose	1	Take one full capsule
4th Dose	1	Total daily CBD 7.14mg + THC 3.32mg
5th Dose	1.5	Take one full capsule and one half capsule
6th Dose	1.5	Total daily CBD 10.71mg + THC 4.98mg
7th Dose+	2	Take two full capsules Total daily CBD 14.28mg + THC 6.64mg

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.



CBD Elixir
1 Spray = 5-6 mg CBD

THC Elixir
1 Spray = <0.4 mg THC