



Broken Coast Oil Titration Guide

Oils are best absorbed when taken with fatty foods.

CBD Blend : Cannabis Oil (CBD 17-20 mg/ml + THC <1 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	0.5ml	0.5ml	0.5ml	-	
Day 2	0.6ml	0.6ml	0.6ml	-	
Day 3	0.7ml	0.7ml	0.7ml	-	
Day 4	0.8ml	0.8ml	0.8ml	-	
Day 5	0.9ml	0.9ml	0.9ml	-	
Day 6	1.0ml	1.0ml	1.0ml	-	3ml/day = 51-60 mg CBD + <3 mg THC
Day 7+	1.0ml	1.0ml	1.0ml	-	May increase by 0.1ml each day, until relief is achieved.

THC Blend : Cannabis Oil (THC 26-29 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

Oil conversion 0.2ml = 5.2-5.8 mg THC

1:1 Blend : Cannabis Oil (CBD 14-17 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 = 2.8-3.4 mg CBD + 2.8-3.4 mg THC

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.

