

## **VICS Cannamist/Tincture Recipe and Instructions on How to Convert THCA Into THC**

A tincture is an alcohol-base solution of a non-volatile medicine (in this case cannabis). In this case alcohol is not only the solvent used to separate cannabinoids from the plant matter, it is what makes this type of application (particularly in fine-mist form) more bio-available and therefore effective.

In whole-plant cannabis, THC content is expressed as THCA (tetrahydrocannabinolic acid) prior to decarboxilation into THC, which takes place when cannabis is heated during cooking, and smoked or vaporized ingestion. THCA is a mild analgesic and anti-inflammatory but does not have good affinity with our CB1 receptors, so in order to make a THC-rich tincture that has many of the same therapeutic effects as smoked ingestion (including rapid absorption, quick relief and ease of self-titration), we must convert the THCA in the plant matter into THC prior to extracting it through an alcohol soak.

### Supplies:

Converted cannabis  
Alcohol (50% is preferred, but 40% vodka works just fine)  
Organic mint  
Organic honey  
Large mason jar, x 2  
Cheesecloth or fine mesh sieve

### Dry heat conversion of THCA into THC:

- Preheat oven to 325°F (160°C) exactly (use an oven thermometer to be sure).
- Spread cannabis leaf or bud in a thin, 1 inch (2.5 cm) layer on a clean cookie sheet.
- Put in the oven until the first of smoke or 5 minutes, whichever is first, remove, and transfer to glass or ceramic container to cool.

### Tincture/Cannamist Recipe:

- Pack a mason jar loosely but completely with converted cannabis product.
- Add alcohol until the jar is full.
- Seal, shake and put in a dark, cool place.
- After week 1, strain mixture through cheesecloth or fine mesh sieve and add to another mason jar packed with converted cannabis and a few sprigs of fresh organic mint.
- After week 2, strain mixture through cheesecloth or fine mesh sieve into mason jar.
- Add organic honey to taste.
- Shake/mix and then decant into bottles fitted with fine mist spray tops.

### Dosage:

Initial Dosage: Spray two times on the inside of the cheek, and wait 30 seconds before swallowing. Wait ten minutes and if desired effect has not been reached, repeat on the opposite cheek. Wait ten minutes, and repeat until desired effect is achieved. Dosage will vary between users, but should remain fairly constant once established.

Effect will last for between 1-2 hours. Repeat use as needed.

If you feel dizzy or disoriented, immediately discontinue use. Do not operate heavy machinery or drive during use of this product.