



CBD Isolate Powder Mixing Instructions

Your REV Health Products CBD isolate powder comes in a 0.5 oz jar, and usually comes with a ml/cc syringe for accurate dosing.

There are two easy ways to mix your CBD isolate powder; The first is to mix it in with your CBD hemp oil to increase the existing dosage, and the second way is to mix it with another oil.

There are advantages to both ways. I will be happy to help anyone figure out their dosage when adding to existing CBD hemp oil - but it must be done on an individual basis, as different hemp oils have different mg concentrations of CBD.

Many people choose to add their CBD isolate powder to a different oil - such as olive oil, to avoid any possibility of testing positive for THC on a drug urine test. Since CBD isolate powder is 99.9% pure CBD - and contains no other cannabinoids, combining it with a non-hemp oil completely eliminates any chance of testing positive for THC by consuming it.

The easiest mix for figuring dosage will be described here, but know that there are many ways to skin a cat, so to speak. If this process doesn't work for you, contact me and we'll figure something out to fit your needs.

Before we start, its important to understand that a 'ml' and a 'cc' are the same thing - meaning a ml=cc. You may see 'ml' on a bottle, and 'cc' on the measuring syringe. They are interchangeable.

Most people start their CBD dosing at about 10 mg/day, and then work their way up as needed. CBD can be tollerated well in very high doses for people with generally good health. Because most people start their dosing at around 10 mg, we've come up with a simple way to combine the powder with an oil to get 10 mg dosages.

What you will need are:

- your 1 gm jar of CBD isolate powder
- 100 cc/ml of a carrier oil (olive oil, canola oil, flavored oils, etc.)
- your 1 mm syringe (for taking your dosage)
- small jar with a tight lid (I've found that travel sized bottles and plastic spice bottles work well)

***Remember that a 'cc' and a 'ml' are the same volume, and can be used interchangeably.**

Most Pyrex measuring cups have ml measuring on one side, and cup measuring on the other. If you don't have a Pyrex measuring cup, you can use $\frac{1}{2}$ cup as a general measurement. ($\frac{1}{2}$ cup = 118 ml)

Measure out the 100 cc/ml (or $\frac{1}{2}$ cup) and pour into the small jar.

Add the CBD Isolate powder

Shake well for at least a couple of minutes.

***You'll need to shake your oil/CBD powder mix every time before you use it to keep the CBD mixed well.**

Each included measuring syringe is equal to 1 cc (or ml). By putting 1,000 mg into 100 cc/ml of oil, you're creating a mixture ratio of 10 mg/1 cc. This also gives you 100 doses of the 10 mg/1 cc.

Every full syringe will have 10 mg of CBD. Every $\frac{1}{2}$ syringe will have 5 mg of CBD, etc.

If you have any questions, feel free to contact us at any time! We're here to help!

-Beth and Rich Vezzosi

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