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# HOW TO MAKE CANNABIS TINCTURE

## Materials Needed:

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- 2 - 1 pint mason jars
- 8"x8" cotton cloth and rubber band
- 6.5 oz of organic MCT oil
- 6 grams of keif
- 6 - 1 oz tincture bottles
- Plastic bottle with spout to fill tincture bottles. Usually found in a grocery store.
- Terpenes (optional)

## Tincture Advantages:

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- Accurate and consistent dosing
- Easy to adjust dosing
- Very good bio-availability
- Discreet
- Healthy (no processed sugar as edibles have)

## Directions:

- Preheat oven to 220 degrees.
- Pour 6.5 oz of MCT oil into mason jar.
- Add 6 grams of keif.
- Once oven is at 220 degrees, place mason jar with ingredients in oven for 90 minutes.
- Stir every 15 minutes
- After 90 minutes, take the mason jar out of the oven.
- If adding terpenes, turn the oven temperature down to 190 degrees. If not adding terpenes, turn the oven off.
- Take the second mason jar and cover the top with the cotton cloth.
- Pour the MCT oil and keif through the cotton cloth to drain into the second mason jar.
- If adding terpenes, take the cloth off the top of the mason jar and put back in the oven at 190 degrees for 15 minutes. If no terpenes are added, skip this step.
- If adding terpenes, add three drops to each tincture bottle. If no terpenes are added, skip this step.
- Pour MCT oil into each tincture bottle and screw the dropper on.
- Shake immediately after filling the tincture bottles.

Each tincture should be approximately 200mgs of potency.

Questions:

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