

### **Accompanying Cover Correspondence from Workgroup Member Susan Meehan:**

Because I deal mostly with kids, and they come in so many different sizes with different diagnoses and needs, my education is really "customized" or tailored. This was for a parent who wanted to know more about my tinctures they were using for their child per Integr8's Laurel Shepherd's dosing recommendations and who needed clarification on the difference between milligrams and milliliters. Attached to the general explanation would be a spreadsheet with the actual recommended dosages and details of the content of these dosages. I attached a cropped screenshot of the spreadsheet file that would accompany this explanation that is custom to the patient and always based upon the healthcare provider's dosage recommendations.

### **Example for a Parent/Patient who Wants to Know More About the Medicine:**

This website is hosted by Dr Dustin Sulak who works with Laurel in Integr8. Under the Cannabis Education and the Dosage tabs, you will find a lot of information including some basics on all the cannabinoids we talked very little about. The Dosage tab may help clarify the dosage titration process also. <https://healer.com/>

It is a lot to take in on top of dealing with your child being sick. Please never hesitate to ask. You are in good hands with Laurel and the team at Integr8.

More about medicines from Mae's Mamas:

Mae's Mamas medicines are made with Ethanol extracted cannabis unless otherwise noted. The cannabis is soaked in food grade alcohol (ethanol). The plant material is strained and filtered out. The ethanol binds to the "cannabinoids" or the medicine in the plant material. The ethanol is evaporated off and recaptured to reuse. The "oil" or concentrate left behind is then tested to give a cannabinoid profile -- to tell us how many milligrams of medicine are in each gram. After we know the cannabinoids contained in the concentrates, we can do the math (or "formulate") batches of tinctures aiming for example, for 35mg/ml of THC. As you can see, with so many minor cannabinoids present, the formulation can get very tricky if you are aiming for numbers of more than one of those cannabinoids.

All my tinctures are made with a concentrate (or an isolate), organic sunflower oil and organic sunflower lecithin. The lecithin is an emulsifier that helps keep things well mixed and uniform from the first doses to doses that come from the bottom of the bottle. I still recommend shaking the bottle prior to use. Once a tincture is formulated aiming for the mg/ml desired, a sample is sent to the lab for testing to confirm the cannabinoid content. Then labels detailing the cannabinoid content can be printed accordingly. The label provides the recommending medical provider and the patient/parent with the "mg/ml." This allows either the Caregiver, parent or medical provider to help the patient figure out the correct amount (or volume in ml) of the medicine to give to achieve the recommended dose of THC, CBD, etc.

So, for example, when the doctor recommends 5mg of THC and the tincture has 50mg/ml of THC, 5mg divided by 50mg/ml equals 0.1ml. Give 0.1ml to dose 5mg. I have attached a

