



BITE ME THE SHOW ABOUT EDIBLES

## Edible Dosing Cheat Sheet

How To Calculate Potency Like a Pro

### The Basic Formula:

**THC mg in your edibles** = (Cannabis weight in grams) × (THC % as a decimal) × (1,000 mg per gram) × (extraction efficiency %) ÷ (number of servings)

#### What each variable means:

Cannabis weight: how much flower you are using.

THC percentage: on the dispensary label, or use 15-20% as a reasonable average.

1,000 mg: because 1 gram = 1,000 milligrams.

Extraction efficiency: not all THC makes it into your butter or oil. Average home extraction is ~80%.

Servings: divide by how many pieces your recipe makes.

### Example: What's in each brownie?

You're making a batch of brownies using 7 grams of cannabis at 18% THC.

**Step 1:**  $7 \times 0.18 = 1.26$  grams of THC in the flower.

**Step 2:**  $1.26 \times 1,000 = 1,260$  mg THC total.

**Step 3:** Extraction efficiency (80%):  $1,260 \times 0.8 = 1,008$  mg THC in your infusion.

**Step 4:** Your batch makes 24 pieces:  $1,008 \div 24 = 42$  mg per brownie.

### Formula: Using a Partial Infusion

When you make a large batch of infused butter or oil but only use part of it in a recipe, add this variable to the basic formula:

**THC mg in your edibles** = (Cannabis weight in grams) × (THC % as a decimal) × (1,000 mg per gram) × (extraction efficiency %) × (fraction of infusion used) ÷ (number of servings)

**Fraction of infusion used** = (amount used in recipe) ÷ (total infusion made)

Example: You made 2 cups of infused butter but only use 1/2 cup. Your fraction =  $0.5 \div 2 = 0.25$

## Formula: Working Backwards to a Target Dose

You already know what dose you want per serving. Use this formula to figure out how much cannabis to start with.

**Cannabis needed (in grams)** = (Target dose per serving in mg) × (number of servings) ÷ [(THC % as a decimal) × (1,000 mg per gram) × (extraction efficiency %)]

**Example: 10 mg per cookie, 12 cookies, 18% THC, 80% efficiency**

**Step 1:** Target total THC =  $10 \times 12 = 120$  mg

**Step 2:** Divide by  $[0.18 \times 1,000 \times 0.8] = 144$

**Step 3:**  $120 \div 144 = 0.83$  grams of cannabis for the whole batch.

## Formula: Target Dose With Partial Infusion

**Cannabis needed (in grams)** = (Target dose per serving in mg) × (number of servings) ÷ [(THC % as a decimal) × (1,000 mg per gram) × (extraction efficiency %) × (fraction of infusion used)]

**Where:** Fraction of infusion used = (amount used in recipe) ÷ (total infusion made)

## General Dosing Guidelines

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Tolerances vary widely. Use these as starting points, not hard rules.

| Starting Out                        | Intermediate                             | Experienced   |
|-------------------------------------|--|---|
| 2 to 5 mg Start as low as possible. | 5 to 10 mg A common sweet spot for many. | 10 to 20+ mg Biology and liver enzymes drive this more than experience. |

Note: A tolerance for smoking does not mean a tolerance for edibles. They process differently in the body. Start low and go slow, regardless of your smoking history.

## Resources

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|---|---|
| <b>Bite Me Edible Dosage Calculator</b> | <a href="https://bitemepodcast.com/cannabis-resources/the-best-edible-dosage-calculator">bitemepodcast.com/cannabis-resources/the-best-edible-dosage-calculator</a> |
| <b>Bite Me Edibles Journal</b>          | <a href="#">Available on Amazon worldwide</a>   |
| <b>tCheck 3 Potency Tester</b>          | A home potency testing device for infusions.  |
| <b>Bite Me Cannabis Club</b>            | <a href="https://joinbiteme.com">joinbiteme.com</a>   |