



BITE ME THE SHOW ABOUT EDIBLES

Edible Dosing Cheat Sheet

or 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)

- **Cannabis weight** – how much flower you’re using.
- **THC percentage** – usually found on the label from your dispensary; if not, use an average (15–20% for many strains).
- **1,000 mg** – because 1 gram = 1,000 milligrams.
- **Extraction efficiency** – not all THC makes it into your butter/oil; average home extraction is ~80%.
- **Servings** – divide by how many pieces your recipe makes.

Example:

Let’s say you’re making a batch of brownies:

- You use 7 grams of cannabis at 18% THC.
- Formula:
 - Step 1: $7 \times 0.18 = 1.26$ grams 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 brownies make 24 pieces: $1,008 \div 24 = 42$ mg per brownie.





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Formula Using A Partial Infusion:

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 of infusion in recipe) ÷ (total amount of infusion made)

Example:

If you made 2 cups of infused butter but only use $\frac{1}{2}$ cup in a recipe, your fraction of infusion used is:

$$0.5 \div 2 = 0.25$$

Formula For A Target Dose:

Cannabis needed (in grams) =

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





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Example:

- Target dose: 10 mg per serving
- Servings: 12
- Cannabis: 18% THC
- Efficiency: 80%
- Step-by-step:
- Target total THC = $10 \times 12 = 120$ mg
- Divide by $[0.18 \times 1,000 \times 0.8] = [144]$
- $120 \div 144 = 0.83$ g cannabis

Formula For Target Dose With Partial Infusion:

Cannabis needed (in grams) =

(Target dose per serving in mg) \times (number of servings) \div [(THC % as a decimal) \times (1,000 mg per gram) \times (extraction efficiency %) \times (fraction of infusion used)]

Where:

- Fraction of infusion used = (amount of infusion in recipe) \div (total amount of infusion made)

Addtional Resources:

- [Bite Me Edible Dosage Calculator](#)
- [Bite Me Edibles Journal](#)
- [tCheck 3 Potency Tester](#)

[BITEMEPODCAST.COM](#)



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