

CBD ISOLATE TINCTURE

Cannabis Information Institute



How to Make CBD Tincture

- For this CBD tincture recipe, MCT oil will be used. In the glass bowl or measuring jug, add CBD isolate and MCT oil
- Fill the crockpot with enough water to reach the halfway point of your measuring cup/jug
- Place crockpot/slow cooker on medium-low heat and wait until the water has heated
- Now, place the measuring cup of CBD and oil into the water within the crockpot/slow cooker. You can cover this infusion, although it is not necessary. Ensure the water does not get too low during the infusion process, some water will evaporate
- Leave in the crockpot/slow cooker for 3-4 hours. Stir every hour or so
- Line a hand strainer with cheesecloth (3-4 pieces on top of one another) and strain the oil into a mason jar
- Once cooled, fill the dropper and store the remaining tincture in a dark and cool place within an airtight mason jar
- Store safely away from pets and children
- The dropper provides an incredibly convenient option to consume CBD regularly

INGREDIENTS

1 GRAM OF CBD ISOLATE

350 ML OF CARRIER SUBSTANCE
(MCT OIL, GRAIN ALCOHOL,
GRAPESEED OIL, VINEGAR ETC.)

EQUIPMENT

35ML DROPPER (FOUND IN
PHARMACIES)

LARGE PYREX-STYLE MEASURING
CUP/JUG

SLOW COOKER (CAN ALSO BE
DONE ON STOVETOP)

CHEESECLOTH

MASON JAR (FOR STORING EXTRA
TINCTURE THAT WON'T FIT IN
DROPPER)