

VIRIDESCO

*Oil for medicinal usage

Viridesco Tolerance Building Guide

This program is designed as a guide on how to build tolerance to potent cannabis oil, commonly referred to as **Rick Simpson Oil (RSO)** or Phoenix Tears. Rick Simpson's famous protocol directs the user to build tolerance gradually until they can consume 1 gram (\neq 1 milliliter or 1mL) of RSO per day. This program offers three guides as an example set of calculations to increase dosage day by day utilizing our precision dispenser:

- The **30-day program** builds tolerance quickly, for users who already consume cannabis on a regular basis. (*found on page 5*)
- The **60-day program** builds tolerance at a moderate pace, for users who are familiar with cannabis, such as recreational users. (*found on page 6*)
- The **90-day program** builds tolerance most slowly, for users who consume cannabis occasionally or not at all. (*found on page 7*)

Disclaimers

If you have allergies to hemp, or cannabis, do not use this product.

If you experience any sort of adverse reaction, difficulty breathing, tightness of chest, increased or decreased blood pressure, lightheadedness, etc., discontinue taking this product.

Alternatively, the user could try taking smaller doses throughout the day. Use discretion based upon reaction.

Do not drive or operate heavy machinery while ingesting cannabis. If you have a job that requires you to drive or operate heavy machinery, please only dose afterwork or before bedtime.

Throughout the program, the user may wish to slow it down at any time, the user should go at their own pace, this is just a guide. The user should be confident knowing that they can handle the dose being ingested.

Ingesting cannabinoids can take hours to onset,

****One could always add on (ingest more) but one can never subtract (ingest less).***

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Additional Information

There are many resources online that can be searched to gain more knowledge about cannabis oil and the potential benefits of consumption.

- Please familiarize yourself with the different parts of the dispenser.
- There are **instructions on how to use the dispenser on page 4**.
- Please always keep the lid on your dispenser when not in use.
- Please always keep the pressure off of the rubber gasket unless you are administering a dose. (see **page 4**)
- A full 1mL dose is equivalent to $6 + \frac{3}{4}$ - 360 degree turns of the thread applicator.
- The milliliter marks are the raised marks that go all the way around the green collar of the cartridge.
- This program is meant as a guide to building tolerance towards the consumption of 1mL of RSO per day. (**That is a very large dose to take orally all at once, even for someone who is a regular cannabis consumer.*)
- Cannabis oil is quite viscous, and usually needs to be warmed up before it will move out of the dispenser with ease.

Once again, this is only a guide. Please consume cannabis responsibly, find your own pace, and do your research if you have any concern about the usage of this program.

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Methods of Ingestion/Usage

- **Oral / Sub-Lingual**

The most effective (bio-available) manner to ingest cannabinoids is sub-lingually, by holding the product under your tongue for a few minutes before ingesting. To aid the digestion, follow this step with a cup of warm tea or lemon water.

Oral doses can also be diluted into an edible organic cold pressed oil. Follow the rendering process in the Edible/Cooking & Baking section.

- **Edible / Cooking & Baking**

To cook with these products, it is best to render it into a carrier, such as coconut oil, hempseed oil, grapeseed oil, or organic butter. The rendering process should be performed at a low temperature (below 175°F/80°C) to not compromise the cannabinoids in the oil.

Determine what strength you want your portions to be and calculate your recipe to use accordingly

Rendering Example:

- 60% THC product contains approx./ 600mgs per 1mL. Therefore:
 - A 2mL cartridge would contain 1200mgs,
 - A 5mL cartridge would contain 3000mgs.
- If 2mL/1200mgs were rendered into 2lbs of butter, it could be portioned as follows:
 - 150mgs per ¼ lb of butter
 - 300mgs per ½ lb of butter
 - 600mgs per 1 lb of butter



- **Topical**

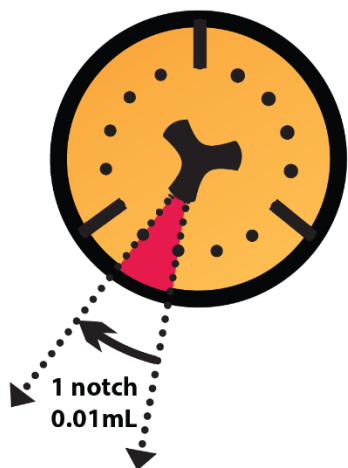
Dilute the product into any quality organic cold-pressed oil, such as coconut oil or hemp oil. To achieve this, first warm the carrier oil and then add the desired ratio of product. After they are well mixed allow the combined carrier oil to cool sufficiently before applying to the skin. Rub a small amount of oil in to the desired area as often as necessary.

The oil may leave a sticky residue on your skin. In order to remove the sticky residue from your skin rub with coconut oil or butter, and wash with warm water.

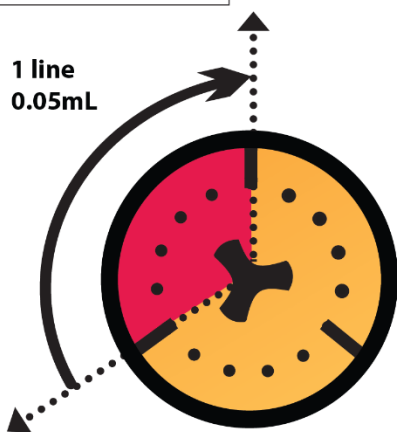
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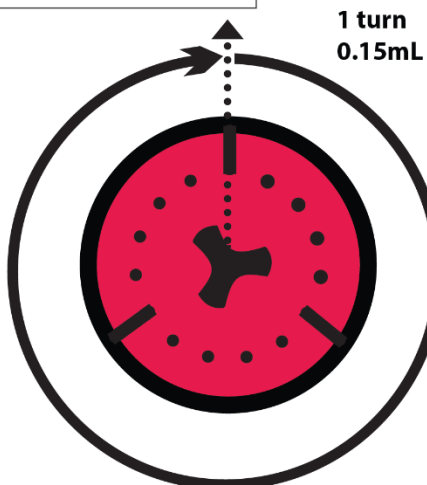
1 Notch = 0.01mL



1 Line = 0.05mL



1 Turn = 0.15mL



Start by prepping your dispenser by carefully bringing the level of the oil to the tip of the nozzle. This step is achieved by gradually adding more pressure on the gasket, by turning the threaded piston in a clockwise direction.

Now that the oil is at the surface of the nozzle, create your dose by following the guidelines below.

Dispensing Action Equation

Notch	Line	Turn	Volume
2 Notches			0.02mL
3 Notches			0.03mL
4 Notches			0.04mL
	1 Line		0.05mL
1 Notch +	1 Line		0.06mL
3 Notches +	1 Line		0.08mL
4 Notches +	1 Line		0.09mL
	2 Lines		0.10mL
2 Notches =	2 Lines		0.12mL
		1 Turn	0.15mL
	1 Line +	1 Turn	0.20mL
	2 Lines +	1 Turn	0.25mL
		2 Turns	0.30mL
	1 Line +	2 Turns	0.35mL
	2 Lines +	2 Turns	0.40mL
		3 Turns	0.45mL
	1 Line +	3 Turns	0.50mL
		4 Turns	0.60mL
	2 Lines +	4 Turns	0.70mL
	1 Line +	5 Turns	0.80mL
		6 Turns	0.90mL

Always remember to release the pressure in the system by backing off the gasket. To complete this important step turn the threaded piston in a counter clockwise direction.

If the product is cool it may prove difficult to dispense.

Reduce the viscosity by holding the dispenser in hand for a few minutes, or by immersing it in a cup of warm water for a few minutes. Warming the dispenser and oil slightly will make the product dispense more smoothly.

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30 Day Guidelines

How to gradually increase your dose

Refer to the table below to determine a daily dose. The **Viridesco dispenser** features notch marks, and lines on its collar to help the user measure their dose precisely (see diagram on page 4).

At first, the user will increase their dose slowly every two days. For the first 14 days, the user will eat smaller amounts: a total of 1.8mL during the first 14 days. By the time one is halfway through the month, they would be consuming larger doses and using up the oil far more quickly: one would consume over 9mL in the second 14 day period, for a total of 11mL over the course of the program.

The user may wish to split the dose into half, twice per day. Later on, into three times per day or more, as desired. The table indicates the total daily dose. If one feels the effects more than desired, one may want to stay with a smaller dose for an extra day or two, and start increasing again when ready.

*The below guide assumes the RSO to contain between 60-70% total THC

Days	Daily mL	THC mg (60%-70%)	How to achieve dosage
1-2	0.03	18-21	3 notches
3-4	0.06	36-42	1 notch + 1 line
5-6	0.09	54-63	4 notches + 1 line
7-8	0.12	72-84	2 notches + 2 lines
9-10	0.15	90-105	1 turn
11-12	0.20	120-140	4 lines
13-14	0.25	150-175	5 lines
15-16	0.30	180-210	2 turns
17-18	0.35	210-245	1 line + 2 turns
19-20	0.40	240-280	2 lines + 2 turns
21-22	0.50	300-350	1 line + 3 turns
23-24	0.60	360-420	4 turns
25-26	0.70	420-490	2 lines + 4 turns
27-28	0.80	480-560	1 line + 5 turns
29-30	0.90	540-630	6 turns
Totals	10.90	6540-7630	

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60 Day Guidelines

How to gradually increase your dose

Refer to the table below to determine a daily dose. The **Viridesco dispenser** features notch marks, and lines on its collar to help the user measure their dose precisely (see diagram on page 4).

At first, the user will increase their dose slowly every four days. For the first 32 days, the user will eat smaller amounts: a total of 3.6mL during the first 32 days. By the time one is halfway through the program, they would be consuming larger doses and using up the oil far more quickly: one would consume over 16.8mL in the second 28 day period, for a total of 20.4 mL over the course of the program.

The user may wish to split the dose into half, twice per day. Later on, into three times per day or more, as desired. The table indicates the total daily dose. If one feels the effects more than desired, one may want to stay with a smaller dose for an extra day or two, and start increasing again when ready.

*The below guide assumes the RSO to contain between 60-70% total THC

Days	Daily mL	THC mg (60%-70%)	How to achieve dosage
1-4	0.02	12-14	2 notches
5-8	0.04	24-28	4 notches
9-12	0.06	36-42	1 notch + 1 line
13-16	0.08	48-56	3 notches + 1 line
17-20	0.10	60-70	2 lines
21-24	0.15	90-105	1 turn
25-28	0.20	120-140	4 lines
29-32	0.25	150-175	5 lines
33-36	0.30	180-210	2 turns
37-40	0.40	240-280	2 lines + 2 turns
41-44	0.50	300-350	1 line + 3 turns
45-48	0.60	360-420	4 turns
49-52	0.70	420-490	2 lines + 4 turns
53-56	0.80	480-560	1 line + 5 turns
57-60	0.90	540-630	6 turns
Totals	20.40	12240-14280	

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90 Day Guidelines

How to gradually increase your dose

Refer to the table below to determine a daily dose. The **Viridesco dispenser** features notch marks, and lines on its collar to help the user measure their dose precisely (see diagram on page 4).

At first, the user will increase their dose slowly every four days. For the first 45 days, the user will eat smaller amounts: a total of 5.1mL during the first 45 days. By the time one is halfway through the program, they would be consuming larger doses and using up the oil far more quickly: one would consume over 25mL in the second 45 day period, for a total of 30.1 mL over the course of the program.

The user may wish to split the dose into half, twice per day. Later on, into three times per day or more, as desired. The table indicates the total daily dose. If one feels the effects more than desired, one may want to stay with a smaller dose for an extra day or two, and start increasing again when ready.

*The below guide assumes the RSO to contain between 60-70% total THC

Days	Daily mL	THC mg (60%-70%)	How to achieve dosage
1-5	0.02	12-14	2 notches
6-10	0.04	24-28	4 notches
11-15	0.06	36-42	1 line + 1 notch
16-20	0.08	48-56	1 line + 3 notches
21-25	0.10	60-70	2 lines
26-30	0.12	72-84	2 lines + 2 notches
31-35	0.15	90-105	1 turn
36-40	0.20	120-140	4 lines
41-45	0.25	150-175	5 lines
46-50	0.30	180-210	2 turns
51-55	0.35	210-245	2 turns + 1 line
56-60	0.40	240-280	2 turns + 2 lines
61-65	0.45	270-315	3 turns
66-70	0.50	300-350	3 turns + 1 line
71-75	0.60	360-420	4 turns
76-80	0.70	420-490	4 turns + 2 lines
81-85	0.80	480-560	5 turns + 1 line
86-90	0.90	540-630	6 turns
Totals	30.10	18060-21070	