

Edible Dosing Cheat Sheet

Low and slow. The math, the table, and the five rules. Stick it on your fridge.

DOSE REFERENCE (PER SERVING)

Tier	mg THC	Who it's for	What to expect
Microdose	1 – 2.5	First-timer / very low tolerance	Subtle lift, clear-headed
Low	2.5 – 5	Beginner / social	Light, manageable
Standard	5 – 15	Regular consumer	Strong relaxation, classic
High	15 – 30	Experienced only	Heavy body + head
Heavy	30 +	High tolerance	Risk of overshoot — wait 2 hr

THE ONLY TWO EQUATIONS YOU NEED

1. Total mg THC in the batch

$$= \text{flower (g)} \times 1000 \times (\text{THC\%} / 100) \times \text{efficiency (0.6 - 0.9)}$$

2. Per serving

$$= \text{total mg THC} \div \text{number of servings}$$

VOLUME CONVERSIONS

1 tsp	= 5 ml	1 tbsp	= 15 ml = 3 tsp
1 fl oz	= 30 ml = 2 tbsp	1 cup	= 240 ml = 16 tbsp
1 stick butter	= 113 g = ~115 ml melted	1 ml dropper	≈ 20 drops

FIVE RULES FOR FIRST-TIMERS

1. Start at 2.5 mg. You can always take more. You can't take less.
2. Wait 2 hours minimum before re-dosing. Onset can take 90 minutes.
3. Eat with fat. Fat-soluble cannabinoids absorb better with food.
4. Hydrate. Water doesn't kill the high but dry-mouth is real.
5. Don't drive. Effects can last 6 – 8 hours. Plan the day around it.

Why Your Batch Failed

Five symptoms, the most likely cause, and where to read the full fix on bethehippy.com.

DIAGNOSE BY SYMPTOM

Symptom	Most likely cause	Read the fix at
Edibles barely work	Decarb skipped or under-temp	/troubleshooting/why-is-my-cannabutter-weak
Took 3+ hours to kick in	Empty stomach or low-fat carrier	/troubleshooting/edible-took-too-long-to-kick-in
Hit way too hard	Math used midpoint, not high band	/troubleshooting/how-many-mg-thc-in-my-edible
Gummies stayed liquid	Bloom step skipped or temp wrong	/troubleshooting/why-wont-my-thc-gummies-set
Tastes harsh / grassy	Long simmer + chlorophyll	/troubleshooting/cannabutter-tastes-too-strong
No oven for decarb	Use mason jar or sous-vide method	/troubleshooting/decarb-without-an-oven

LOW AND SLOW

When in doubt, dose lower.

Tolerance varies wildly. Two people sharing the same gummy can have completely different nights. Edibles last 6 – 8 hours. There is no rush back.

Re-check your math at bethehippy.com/dosage/edible-dosage-calculator (or scan the QR →).

FIX YOUR BATCH

Scan for the full hub



bethehippy.com/troubleshooting