

Cannabis Oil Capsules

Extracted with Everclear alcohol and
blended with coconut oil



What these are

- This procedure is used to make cannabis oil, similar to Rick Simpson Oil, blended with coconut oil and served in capsules with a defined dosage.
- This is not for smoking, it is for eating.



Effects



- Eating cannabis oil, or any other marijuana edible, has effects that are important to understand.
- Edibles, like these capsules, take a while to start working. About an hour for most people. The effect usually is most intense at about 4-5 hours after ingesting.
- The effects can last a long time, several hours to about 12 hours is common.
- It is important to pay attention to the dosage, everyone seems to have a different tolerance, some are quite content with 50mg, others can tolerate over 1,000mg (1gram).
- Start small to learn your tolerance, 50mg is a good place to begin, and allow a day to let it run its course.

Summary of procedure

- 1. Make the oil
- 2. Decarboxylate the oil
- 3. Blend with coconut oil and soy lecithin
- 4. Assemble capsules



Make the oil



- This is very similar to RSO (Rick Simpson Oil), in fact, most people would call this RSO, but there are a couple important differences between this and RSO.
- The solvent used in this procedure is ethyl alcohol, Everclear.
- RSO is made with naphtha.
- Both methods require that the oil be decarboxylated, where the THC-A in the oil is converted to THC by heating. This process is a little different in how that is accomplished.



Start with a jar of cannabis

- One quart (liter) canning jars work well for this process.
- Each jar holds about an ounce of cannabis.
- I like to process 1-3 jars per session.
- The plant material should be dry, not fresh cut.
- Buds are best, but good quality trim can also be used. We are harvesting the 'frost' on the plants, so the fan leaves and stems are left out.



Crush the plant material

- The yield from extraction is better when the buds are crushed before adding the alcohol.



Add the Everclear

- Freeze both the plant material and Everclear before pouring.
- Pour the Everclear into the jar, enough so the buds are covered. Put the lid back on and shake hard for 3 minutes.



Pour into a strainer

- A regular screen type strainer works fine.



Do it again

- Refill the jar, shake hard for 2-3 minutes and dump into the strainer again.
- Refill the jar for a 3rd time, shake a bit and return to the freezer for 10 minutes, then shake for 2 minutes and strain.
- The plant material is now almost exhausted, but can be used to make budder (cannabis cooking butter) if you are so inclined. I have done it and had good results, but usually just toss out the plant material at this point.



Pour the liquid thru a filter

- I use a metal coffee filter for this.



Boil off the alcohol

- This liquid now needs to be reduced by boiling down.
- A fondue pot or rice cooker can be used for this.
- A counter top still is a great way to boil down the liquid because it allows about 75% of the alcohol to be recovered and used again.
- The alcohol is very flammable! While it is boiling, great care must be taken to avoid setting your home or yourself on fire!
- If you use a pot to boil it down, **DO IT OUTSIDE!**



Please do this safely

- Boiling the alcohol off is very dangerous.
- It is possible to do this safely. A fondue pot or rice cooker that is boiling off the alcohol is extremely flammable, so no smoking, sparks or flames in the area.
- Any time you are boiling off alcohol it must be done outside.
- If there is no breeze, set up a fan.
- Have a fire extinguisher handy.



Using a counter top still

- Instead of boiling off the alcohol, a still allows it to be recovered to be used again.



Finishing the oil

- Once the alcohol is boiled down to a small amount, about $\frac{1}{2}$ cup, or becomes thickened, like a syrup, pour it into a small container. This is a 4 ounce ramekin, a ceramic, oven-safe dish. You can also use a stainless steel cup.
- Put the syrup onto a coffee warmer to further boil it down.



Decarboxylation

- When the oil is nearly finished it will become thick.
- This is a good time to add some of the coconut oil. If you started with 1 ounce of plant material, you can add 3 grams of coconut oil. Be sure to measure the weight of the oil that is added.
- Adding coconut oil at this point will make the decarb process easier.



Decarboxylation



- Put the oil into the oven at 248 degrees Fahrenheit.
- After 10-20 minutes you should see it bubbling. The remaining alcohol and any water will boil off and the actual decarb process will show up as fizzing or bubbling/foaming.
- When the fizzing slows down and is almost stopped, shut the oven off and wait for a few minutes before removing.
- Remove from the oven and weigh, add enough coconut oil to match the amount of cannabis oil. Remember to deduct the amount of oil you added earlier. The idea is to have a mixture that is half cannabis oil and half coconut oil.

Add soy lecithin

- Soy lecithin will keep the mixture blended, preventing separation while making capsules, so the dosage will be consistently accurate.
- Put the oil back onto the coffee warmer to blend the added coconut oil and soy lecithin.



Make capsules

- A syringe with no needle works fine for this.
- A 10-25ml oral syringe and a capsule maker to hold them can be used to speed this up.
- Either gelatin or vegetarian cellulose capsules can be used.
- If you use size 0 capsules, the following chart can be used to determine dosage.



Determine dosage

- A filled size 0 capsule weighs about 650mg.
- It takes about 19 drops to fill a capsule.
- Each drop contains about 34mg.
- A 1:1 mixture of oil contains about 17mg of cannabis oil per drop.
- For 50mg caps use 3 drops.
- For 100mg caps use 6 drops.
- A filled capsule has 325mg of cannabis oil.



Weigh a couple things...

- You will want to weigh the empty container that you use for finishing the oil.
- After the syrup is poured into the dish, put it on the scales to weigh the amount of coconut oil you add before decarb. This is done so that you can determine how much oil you have after decarb, because some of the syrup will evaporate during heating as the alcohol and any moisture boil off.
- A 1:1 ratio of cannabis oil and coconut oil is required for the dosage amount to be accurate.

Other things to add

- If you are making the oil for use for treating or preventing cancer, you may consider adding other compounds at this point.
- Cinnamon and honey can be added.
- You can use a small screwdriver to put a little Ceylon cinnamon into each 50mg capsule.
- An eyedropper works to add warmed honey. I like to use Manuka Honey in the 50mg capsules.



Store them in the freezer

- The coconut oil has an expiration date on the jar. Freezing allows the oil to be stored longer than that date.
- There are suggestions that freezing can enhance the effect of the THC.



Links

- [Forty Circuit's Facebook page](#)
- [Rick Simpson's Facebook page](#)
- [Phoenix Tears website](#)
- [Run From the Cure on Youtube](#)
- [National Institute of Health report on the effectiveness of cannabis on brain tumors](#)



Acknowledgements and notes

- I would like to thank Rick Simpson for his courage in going public with his discovery.
- I don't call this Rick Simpson Oil because it is made differently, but this is very similar. I cannot make the oil using the method that Rick demonstrates in his Phoenix Tears video because of my suburban location and fear of blowing myself up with the naphtha solvent he suggests.
- I do not know if this cures cancer. I am making and using this oil to self-treat brain cancer, a glioma tumor known as Ependymoma, which I had surgery and radiation to remove in 2010. I have been taking this oil since 2012.
- Godspeed.