

# Cannabis Oil Capsules

Extracted with Everclear alcohol and  
blended with coconut oil

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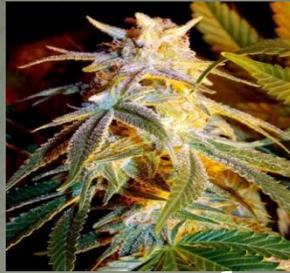


# What these are

- 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. Blend with coconut oil and soy lecithin
- 3. Decarboxylate the oil
- 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 95% ethyl alcohol, sold as Everclear.
- RSO is typically made with naphtha, very dangerous indeed!
- 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



Quart glass canning jars work well for this.

# Crush the plant material

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



# Crush the plant material

- Crushing buds by hand. Grinding up can result in too much of the plant material being extracted, so this level of crush/crumble is fine.



# Add the Everclear

- Freeze the 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.
- You can refill the jar for a 3<sup>rd</sup> time, but there shouldn't be much resin remaining, so simply pouring a little Everclear over the material should rinse it off.



Squeeze out the remainder



# Pour the liquid thru a filter

- I use a metal coffee filter for this.



# Final rinse of the sludge

- Pour a little more alcohol over the remaining sludge to wash through any remaining resin. The small knife is to stir and scrape the screen clean. This may take a while.



# 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. There is a model for alcohol instead of water that should be used as it has a cooler heating element.



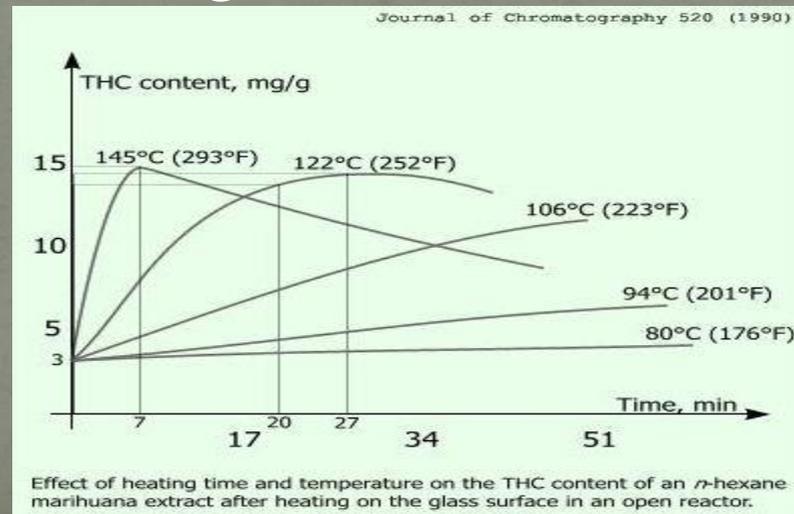
# Finishing the oil

- Once the alcohol is boiled down to a small amount, about 1 cup, or becomes thickened, like a syrup, pour it into a smaller container. This is a 4 ounce ramekin, a ceramic, oven-safe dish. You can also use a stainless steel cup.



# Decarboxylation

- The extracted cannabis oil now needs to be “decarbed” by heating for about an hour at 245 degrees Fahrenheit.
- Decarbing the oil converts the THC-A into THC. It is important to get the heating time correct, going too long will create larger amounts of CBN and reduce THC.



# Decarboxylation

- Now is the time to add some coconut oil. The amount to add depends on the amount of cannabis oil, which we won't know precisely until after all of the alcohol is removed. If you started with 2 ounces of cannabis, add 8 grams, or about 4 grams for every ounce of cannabis. Keep a note of how much was added because we will add more later.
- It helps to know the weight of the container, so that an exact blend can be made.



# Add soy lecithin

- Soy lecithin will keep the mixture blended, preventing separation while making capsules, so the dosage will be consistently accurate. Just a sprinkle.



# 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 as large bubbles.



# Decarboxylation

- The actual “decarbing” can be observed by watching the small bubbles, when these slow down and are nearly stopped, it is time to remove from the oven.



# Final blending

- Remove from the oven and weigh, add enough coconut oil to match the amount of cannabis oil. Remember to consider the amount of oil you added earlier. The idea is to have a mixture that is half cannabis oil and half coconut oil.



# 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 can be used to determine dosage.



# Determine dosage

- A filled size 0 capsule weighs about 650mg.
- A capsule containing half coconut oil has 325mg of cannabis oil.
- Ratios can be used to calculate other dosages.
- For 100mg caps, use a 5:1 ratio of coconut oil : cannabis oil.



# 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.
- Be aware of condensation/humidity. The capsules will melt if exposed to any moisture.



# Links

- [Forty Circuit's Facebook page](#)
- [Rick Simpson's Facebook page](#)
- [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 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.