



**BLOOM**  
MEDICINALS

# TINCTURES

**Cannabis tinctures are alcohol-based cannabis extracts.  
They can be added to food and drinks, or taken sublingually.**



## HOW TO USE



### **MORE DISCREET**

*Tinctures don't have a noticeable odor and come in a compact jar for ease of access*



### **ACCURATE DOSING**

*Using the dropper allows you to measure your dose and increase or decrease the amount used depending on the effects you desire.*

- 1. Open your tincture*
- 2. Using the dropper fill up to your physician's recommended dose or start small with 1mL and put it under your tongue.*
- 3. If you are happy with the effects then you are done if not try 2 mL the next day.*
- 4. Continue until you find the right dosage for you.*

*Onset effects may begin within 15 - 45 minutes with effects lasting 4 - 6 hours or longer.*