



# PSYCHEDELIC SAFETY FOR RESPONSIBLE ADULTS

## Milligram Scale Tips & Tricks

Most commercially available milligram scales have a +/- 5mg variance and are not very accurate below about 35 mg. When measuring doses below 35mg, it is wise to always default to volumetric dosing instead.

### + Prep Your Space

- Eliminate air disturbances or proximity to bass frequencies
  - = Best environment is indoors, with fans & music off

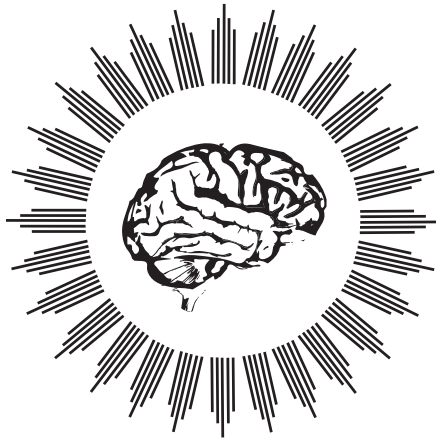
### + Prep Your Scale

- Place scale on a flat, even surface
- Calibrate your scale before using to ensure accuracy
- Ensure that your scale is set to measure in grams
- Center the cup level on the scale, and not on the sides

### + Milligram Scale Measurement Tips

- Place a small piece of paper on the cup and tare the scale to zero with the paper before measuring. This makes your measurements more accurate and prevents your sample from sticking to the metal cup.

- Your scale will turn off after a couple minutes of inactivity and you will need to recalibrate the scale each time this happens
- Transport your sample using a straw for accuracy
- Wait a few seconds for your scale to reach an accurate measurement
- Measure twice, dose once
- Place measured doses in a capsule, then place them in labeled bag to ensure accuracy later



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