

PSYCHEDELIC SAFETY FOR RESPONSIBLE ADULTS

Volumetric Measurements Tips & Tricks

NOTE: 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.

+ Volumetric Measurement involves diluting a larger quantity of your sample in filtered water or alcohol in order to create a solution which can be measured more accurately than a scale can.

+ To measure volumetrically, start by measuring dry powder utilizing a milligram scale per best practices.

+ A 1:1 ratio is the easiest to remember: 1 milliliter per 1 gram of dry sample. So, when making a volumetrically measurable solution, 100 mg of a compound, would be dissolved 100 ml of liquid.

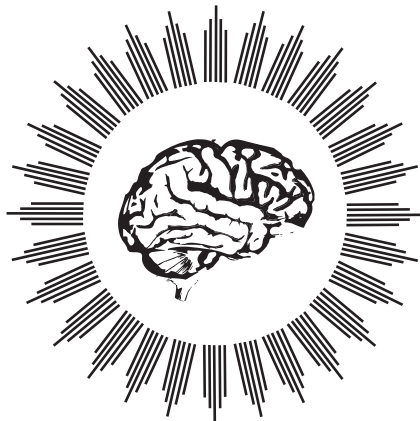
+ Utilize syringes to measure liquid - avoid bubbles!

+ Utilize a clean, sterile, opaque, sealable container

+ Label your solution with the name of the compound AND the ratio you used: How many milligrams are in 1 milliliter of your solution?

NERD ALERT

For even more granular detail about the ins and outs of weighing and measuring substances, [check out this video produced by the Women's Visionary Council](#), featuring materials engineer Ethan Currens. (Fun fact: Ethan is one of the experts we've consulted with to help create content for our masterclass!)



Obligatory Disclaimer:

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