HIGH FREQUENCY INFUSIONS

THE VG TINCTURE METHOD

Understanding the Carrier That Changes Everything

Infusion • Precision • Practice

High Frequency Infusions
Member Education Series • Book 02 of 07

This Is Not About Getting Stronger

If Book One taught you how to listen, Book Two teaches you what to listen with.

Vegetable glycerin is the quiet engine behind the High Frequency Infusion System. It is the carrier that makes tinctures possible — and tinctures are what make precision possible.

Without understanding VG, you are guessing. With it, you are building.

This book will not teach you how to make the strongest product you can. It will teach you how to make the most consistent one — and why that matters more.

Consistency is what allows you to dose with confidence. It is what allows you to share safely. It is what separates craft from chaos.

> *By the time you finish this book, you should feel less like someone who 'does infusions' and more like someone who understands them.*

That shift is the whole point.

Chapter One

Why Vegetable Glycerin

Chapter One

Vegetable glycerin — VG — is a thick, clear, slightly sweet liquid derived from plant fats. It is food-safe, odorless, and widely used in everything from skincare to food production. For our purposes, it is the ideal carrier for cannabis infusion.

Here is why it earns its place in this system:

It is fat-adjacent without being a fat.

Cannabinoids are fat-soluble, which means they need a lipid-based environment to activate and bind. VG occupies a unique middle space — it attracts and holds cannabinoids in suspension better than water, while remaining stable and easy to dose.

It is versatile.

A VG tincture can be stirred into honey, blended into oil, dropped under the tongue, folded into chocolate, or added to a warm drink. No other carrier in this system moves as freely across applications.

It is precise.

Because VG stays in suspension consistently, it allows you to dose by volume — a specific number of drops or milliliters — with repeatable results. This is not always true of fat-infused products, where potency can shift based on temperature or settling.

It is gentle.

VG does not burn, irritate, or overwhelm. It is forgiving as a medium, which makes it well-suited for members who are still calibrating their relationship with infusion.

> *Pause here. Think about the products you currently use or enjoy. Which of them could a VG tincture improve, enhance, or make more consistent?*

Chapter Two

The Relationship Between Carrier and Cannabinoid

Chapter Two

To understand why VG works, you need a basic understanding of what cannabinoids actually are — and why they need help traveling through the body.

Cannabinoids like THC are hydrophobic. That means they repel water. Your body, however, is mostly water. This creates a challenge: the molecule you want to absorb does not naturally mix with the environment it needs to move through.

This is why carriers matter. A carrier bridges the gap — it holds the cannabinoid in a form the body can interact with, slowing it into the system gradually rather than delivering it as a harsh spike.

What VG does differently.

Unlike alcohol tinctures, which strip harshness into the solution along with cannabinoids, VG is neutral. It does not add its own flavor profile or create a burning sensation. It simply holds the infusion in suspension and delivers it smoothly.

This matters most when you are using the tincture in food or drink applications. A VG tincture stirred into honey or tea tastes like what you added it to — not like a tincture.

What this means for your practice.

When you understand the carrier, you stop thinking about infusion as chemistry and start thinking about it as design. You are not just making something potent — you are making something that fits how a specific person, in a specific moment, wants to feel.

That design thinking is what separates an HFI product from anything else.

> *The carrier is not a detail. It is a decision.*

Chapter Three

Sourcing Your Inputs

Chapter Three

The quality of your tincture begins before you start making it. Both inputs — the flower and the glycerin — carry their own variables, and understanding those variables is part of working with precision.

The Flower

Everything that was true in Book One applies here, with one addition: for tincture work, consistency of grind and quality of cure matters even more than in honey infusion.

Look for:

- Properly cured, dense buds with visible trichomes
- Aroma that is complex and present — not flat or dusty
- Flower that breaks apart evenly, without crumbling to powder

For tincture production, a medium-coarse break by hand is ideal. Too fine and you introduce excess plant material into the suspension. Too coarse and the surface area for infusion is reduced.

The Glycerin

Not all VG is equal. Choose:

- Food-grade or USP-grade vegetable glycerin only
- Colorless, odorless, and thick — almost syrupy when poured
- Sourced from a supplier that specifies plant-derived origin

Avoid glycerin that is yellowish, watery, or has any odor. These are signs of contamination or poor processing. The glycerin is carrying your infusion into someone's body — it deserves the same standard as anything else you would consume.

> *Good inputs are not an upgrade. They are the baseline.*

Chapter Four

The Decarboxylation Step — Revisited With Precision

Chapter Four

You learned the decarboxylation step in Book One. Here, we return to it — because for tincture work, precision matters more.

Decarboxylation converts THCA (the raw, non-psychoactive acid form) into THC (the active form your body can use). Without this step, your tincture will have virtually no effect.

The Numbers

Temperature: 240°F / 115°C

Time: 40 minutes

Container: parchment-lined tray covered loosely with foil, or sealed mason jar on its side

Why Precision Matters More Here

In honey infusion, small variations in decarboxylation produce soft variations in effect. In tincture work, where you are calculating potency per milliliter, an under-decarbed batch will produce a systematically underpowered tincture across every application it touches.

This matters if you are making products for others. Inconsistency in decarb means inconsistency in dose — and inconsistency in dose is the source of most negative infusion experiences.

Signs of a Good Decarb

- Flower has lightened slightly in color
- Texture is dry and crumbly, not still moist
- Light toasted aroma — not burnt, not still raw
- Flower is no longer sticky to the touch

Allow the flower to cool completely before moving to infusion. Rushing this step introduces steam into your glycerin, which affects both consistency and shelf life.

A well-decarbed batch is the foundation of everything that comes after it. Give it the attention it deserves.

Chapter Five

Making the Tincture — The HFI Method

Chapter Five

The HFI VG tincture method is built around two priorities: potency consistency and ease of application. This is how we make every batch.

Standard Batch — 500mg / 30ml

This is the production baseline for High Frequency Infusions. It produces a 30ml bottle at approximately 16.7mg per milliliter.

Inputs:

- Decarbed flower — quantity based on estimated THC% of your flower
- VG (food grade) — 30ml
- Clean glass jar with lid
- Double boiler or water bath setup
- Fine mesh strainer or cheesecloth
- 30ml amber dropper bottle for storage

Method:

- Combine cooled, decarbed flower and 30ml VG in a clean, dry glass jar
- Seal the jar loosely — do not overtighten
- Place jar in a water bath at 160–170°F / 71–77°C
- Maintain temperature and infuse for 2–3 hours, shaking gently every 30 minutes
- Remove from heat and allow to cool to room temperature before opening
- Strain through fine mesh or cheesecloth, pressing gently to extract
- Transfer to amber dropper bottle and label immediately

Why Amber Glass?

Light degrades cannabinoids over time. Amber glass protects your tincture without requiring refrigeration. Always store in amber — never clear glass.

Why a Water Bath?

Direct heat creates hot spots that can degrade potency and scorch the glycerin. A water bath maintains even, gentle heat throughout the infusion window. Patience here is not optional — it is part of the method.

> *The method is not complicated. The discipline is in doing each step at its own pace without rushing to the next one.*

Chapter Six

Potency, Ratios & Dosing Math

Chapter Six

This is the chapter that makes infusion a skill rather than a guess. You do not need to be a mathematician. You need to understand three numbers.

The Three Numbers

1. The THC% of your flower

Most flower sold in Colombia is between 15–25% THC. If you do not have lab data, use 18% as a conservative working estimate.

2. The weight of flower you used

Weigh your flower before decarbing. Use grams. This is the number everything else is calculated from.

3. The volume of your tincture

This is your VG volume in milliliters after straining. Expect 5–10% loss through absorption in the plant material.

The Formula

Total potential THC (mg) = Weight (g) x THC% x 1000 x 0.88

The 0.88 factor accounts for approximately 12% loss through decarboxylation and infusion inefficiency.

Example:

- 2g flower at 18% THC
- 2 x 0.18 x 1000 x 0.88 = 316.8mg total
- Divided into 28ml final volume = approximately 11.3mg/ml

HFI Production Standard

Our standard tincture targets 500mg in 30ml — approximately 16.7mg/ml. At this concentration:

- 1ml = ~16.7mg
- 0.5ml = ~8.3mg
- 0.3ml = ~5mg

A standard dropper delivers approximately 1ml per full squeeze. This makes dosing by dropper a reliable system when you know your concentration.

> *You do not need to be precise to the decimal. You need to be honest about your estimate — and consistent in how you apply it.*

Chapter Seven

Using Your Tincture — Applications & Pairings

Chapter Seven

The VG tincture is the most versatile product in this system. Once you have a consistent batch, the applications are limited only by your intention and your creativity.

Direct Use

The simplest application: drops under the tongue or in the cheek, held for 60–90 seconds before swallowing. This method offers the most direct absorption and the clearest dose-to-effect relationship.

Start with 0.5ml. Wait 45 minutes. Assess and adjust from there.

Application 1 — Infused Honey (The HFI Method)

Purpose: Transform a tincture into a shelf-stable, food-safe infused sweetener.

Ratio: 36ml VG tincture to 266ml raw honey

- Warm honey gently to 100–110°F (just barely fluid)
- Add VG tincture and stir slowly for 3–5 minutes
- Pour into labeled jars immediately

This is the foundation of the HFI Infused Honey SKU. The VG suspends evenly in honey at this ratio, producing a consistent dose per teaspoon across the entire jar.

Application 2 — Warm Drink Addition

Purpose: Add a measured dose to tea, oat milk, or any warm beverage.

Dosing: 0.5–1ml per cup

- Prepare drink as normal
- Add tincture after drink has cooled slightly below boiling
- Stir gently — VG disperses easily in warm liquid

Note: VG does not fully emulsify in cold water without an additional emulsifier. For cold drinks, the honey application is more reliable.

Application 3 — Chocolate Integration

Purpose: Add precision dosing to chocolate or confection work.

Ratio: Use per desired dose per piece, calculated from your mg/ml

- Add VG tincture to melted chocolate during tempering at the mixing stage
- Stir thoroughly — VG is not fully fat-soluble and requires thorough mixing to distribute
- Do not add tincture after chocolate has begun to set

This is how HFI Chocolate products are dosed. The key is consistent mixing — not temperature or timing.

> *The tincture is the bridge between production and experience. Learn how it moves in different environments and you unlock the full range of what this system can build.*

Chapter Eight

Storage, Shelf Life & Quality

Chapter Eight

A VG tincture made correctly will last 12–24 months when stored properly. Unlike honey or oil infusions, VG does not crystallize, separate, or oxidize quickly. But it does respond to its environment.

Storage Standards

- Store in amber glass dropper bottles — never clear glass
- Keep at room temperature, away from direct sunlight or heat sources
- Always use a clean, dry dropper — never introduce water
- Cap tightly after every use
- Label every batch with: date, estimated mg/ml, and flower source if known

Signs of Quality

A healthy VG tincture should be:

- Deep golden-brown to olive-green in color
- Slightly viscous — not watery, not solid
- Faint earthy or botanical aroma — not sour, not sharp
- Consistent color throughout the bottle — no separation

When to Discard

- Any unusual or fermented odor
- Visible cloudiness or particulate that does not disperse with shaking
- Color change to gray or brown-black
- Any mold — possible only if water was introduced

The Labeling Standard

Every bottle should carry:

- Batch date

- Estimated potency in mg/ml
- Total volume
- Your initials or the HFI batch code

This is not bureaucracy. This is what allows you to trust your own product — and what allows someone else to trust it when you share it.

> *Care given to storage is care given to the people who will use the product. That is always worth the two minutes it takes.*

Chapter Nine

What You Can Build From Here

Chapter Nine

By the time you reach this chapter, you have done something real.

You understand why VG works. You know how to make it with consistency. You know how to calculate what is inside it. And you know how to use it across at least three distinct applications.

That is not beginner knowledge. That is practitioner knowledge.

What Opens From Here

The VG tincture is the foundation of:

- Book Three — Infused Oils & Culinary Fats (tincture as an additive to oil-based infusions)
- Book Four — Beverages & RTD Infusions (tincture as the precision dose in tea and mocktail work)
- Book Five — Chocolate & Confections (tincture as the dosing agent in chocolate production)
- Book Six — Chef Series & Culinary Applications (tincture integrated into compound butters, glazes, and condiments)

Every book that follows this one will reference back to what you learned here. The ratio, the math, the storage standard — these carry forward through the entire system.

What Readiness Looks Like Now

You are ready to move forward when:

- You have made at least one batch and calculated its approximate potency
- You have used the tincture in at least one application from Chapter Seven
- You feel confident labeling and storing your batch correctly
- You can explain the purpose of VG to someone who has never heard of it

That last one matters. Teaching something is how you confirm you actually understand it. If you can explain it simply, you know it.

> *Precision is not about perfection. It is about knowing what you made, knowing what it does, and being honest about both.*

That honesty is what makes this system trustworthy — for you and for everyone you share it with.

This is where precision begins.

Infusion is not about chasing a feeling.

It is about pacing, trust, and shared presence.