

HIGH FREQUENCY INFUSIONS

BEVERAGES & RTD INFUSIONS

Building the HFI Tea Line and Infused Drink Practice

Ritual • Stability • Flow

High Frequency Infusions
Member Education Series • Book 04 of 07

Welcome

The Drink Is the Ritual

Of all the forms infusion takes in this system, beverages are the most social.

A jar of honey sits on a shelf. A tincture lives in a medicine cabinet. But a drink — a drink sits at the center of a table. It is poured, shared, tasted, and talked about. It is part of an evening, a gathering, a moment.

This is why the HFI RTD tea line exists. CALM and REST are not just products — they are an invitation to slow down inside a format people already trust and love.

Book Four covers the method behind infused beverages: how to build stability into a liquid infusion, how to calculate dose in a drink format, and how to create experiences that feel effortless to the guest even when significant craft went into them.

A well-made infused drink tastes like exactly what it is — and nothing else. That invisibility is the craft.

Chapter One

Why Beverages Are Different

Chapter One

Infusing a beverage presents a challenge that does not exist in honey, oil, or chocolate: water and cannabinoids do not mix.

Cannabinoids are hydrophobic — they repel water. Drop a tincture into a glass of cold water and it will form oily droplets on the surface rather than dispersing evenly. This is not a failure of the product. It is physics.

To make a stable infused beverage, you need either a fat-based carrier that integrates naturally with the drink's other fats (as in warm milk drinks) or a glycerin-based suspension held in a warm, moving liquid.

How the HFI Tea Line Solves This

The HFI CALM and REST teas use a hot-fill process. VG tincture is added to hot brewed tea just below boiling — at this temperature, the glycerin disperses into the liquid with consistent agitation, producing an even suspension throughout the bottle.

The result: a stable RTD beverage with 21-day shelf life, consistent dose per bottle, and a flavor profile that tastes like the botanicals — not the infusion.

What This Means for Your Practice

For home and event use, you do not need to replicate the production process exactly. Understanding the principle — that heat and movement are what create suspension — gives you the tools to build your own infused drink applications confidently.

The drink is not a delivery mechanism. It is an experience. Build it like one.

Chapter Two

The CALM & REST Formulas

Chapter Two

The HFI tea line is built on two intentional formulas, each designed to support a specific state.

CALM — Hibiscus & Passionflower

CALM is the daytime tea. Hibiscus is bright, tart, and grounding — it activates the senses without overstimulating them. Passionflower is a traditional nervine, used for centuries to quiet anxious thought without sedating.

Together with a measured dose of VG tincture, CALM creates a state of relaxed presence — alert enough to engage, settled enough to enjoy.

- 10mg Standard (250ml)
- 25mg Strong (250ml)
- 50mg High Frequency (500ml)

REST — Chamomile & Lavender

REST is the evening tea. Chamomile is among the most studied sleep-supporting botanicals — mild, floral, and deeply calming. Lavender adds an aromatic quality that engages the nervous system through both taste and scent.

With tincture, REST becomes a gentle invitation toward sleep rather than a command. It supports the body's own wind-down process.

- Same three-tier format as CALM
- Best taken 60–90 minutes before intended sleep time

Why Format Matters

The three-format structure — Standard, Strong, High Frequency — is intentional. It allows a new member to enter at 10mg and move up on their own timeline. It respects different tolerances without requiring anyone to explain or justify theirs.

Chapter Three

The Hot-Fill Production Method

Chapter Three

Hot-fill is the method used to produce the HFI RTD tea line. Understanding it explains why the teas behave the way they do — and gives you a foundation for building your own infused beverage applications.

The Method

- Brew tea to full strength — double the typical steeping time for production batches
- Strain all botanical material completely
- Heat brewed tea to 185–195°F / 85–90°C — not boiling
- Add VG tincture at target dose per bottle volume
- Agitate continuously for 3–5 minutes — this creates the suspension
- Fill bottles immediately while hot — heat creates partial vacuum seal on cooling
- Allow to cool upright — do not invert
- Label with batch date and potency

Shelf Life

21 days from production date, refrigerated. This is not a suggestion — the absence of preservatives means bacterial activity will begin after this window. Consume within the date on the label.

Why Not Boil?

Boiling temperature (212°F / 100°C) approaches the threshold at which THC degradation accelerates. The hot-fill method stays below this threshold while still achieving the temperature needed for suspension and seal.

This is precision — not caution. The goal is to protect what you built.

A hot-fill is a small act of discipline with significant consequences. The temperature, the timing, the agitation — each one protects the quality of what goes into the bottle.

Chapter Four

Mocktail & Event Drink Applications

Chapter Four

Beyond the RTD tea line, the HFI beverage practice includes event applications — infused mocktails, warm drink stations, and seasonal builds that become the signature of a High Frequency gathering.

These applications do not require hot-fill production. They use the same principles — suspension through heat and movement — in a simpler, serve-immediately format.

Mocktail Build 1 — Hibiscus Honey Fizz

The signature HFI mocktail. Bright, tart, and light — works in any season.

- 2oz fresh-brewed hibiscus tea, cooled
- 0.5 tsp infused honey
- 0.5oz fresh lime juice
- Top with sparkling water
- Garnish with fresh mint and dried hibiscus

Dose: determined by infused honey concentration. At standard HFI honey (100mg/jar), 0.5 tsp = approximately 3–4mg. Build up as needed.

Mocktail Build 2 — Lavender Rest Tonic

An evening drink. Soft, floral, and grounding.

- 4oz warm oat milk
- 1 tsp infused honey
- 2 drops food-grade lavender oil or 1 tsp lavender simple syrup
- Pinch of cinnamon

Serve warm. This is the drink that ends a High Frequency After Dark event.

Mocktail Build 3 — CALM Tea Base Spritz

Use an HFI CALM RTD tea as the base of a batched event drink.

- 1 bottle CALM (250ml, 10mg)
- Squeeze of fresh citrus
- Top with tonic water 1:1
- Serve over ice with a citrus wheel

This extends one bottle into two servings at 5mg each — a perfect low-dose social drink.

The mocktail bar at an HFI event is not decoration. It is the first experience a guest has with the brand. Make it count.

Chapter Five

Dosing in Liquid Form

Chapter Five

Dosing in beverages requires the same math as any other application — but with one important additional variable: how quickly liquid is consumed.

A meal takes 30–60 minutes to eat. A drink can be finished in 5. This changes the absorption curve significantly.

The Liquid Absorption Difference

Warm infused drinks absorb faster than edibles because the liquid passes through the stomach more quickly and the warm temperature opens blood vessels in the digestive tract. Expect onset in 30–60 minutes rather than 60–90 for food-based infusions.

This is not a warning — it is information. Knowing that a warm infused drink acts faster than a cookie means you can pace yourself and your guests accordingly.

Practical Dosing Guidelines for Drinks

- Warm drinks: onset 30–60 min, peak 90–120 min
- Cold drinks: onset 45–75 min (colder temperature slows digestion slightly)
- RTD teas: build on full bottle before considering a second
- Event mocktails: communicate the dose clearly on the drink card or verbally

Event Dosing Standard

For HFI events where guests are drinking across a 2–3 hour window, the recommended event dose is 5–10mg per drink, with no more than 2 drinks in the first 90 minutes.

This is not a rule imposed from outside. It is the standard that protects the experience for everyone — and allows every guest to leave the way they arrived: in control of their own evening.

Chapter Six

Flavor Pairing for Infused Beverages

Chapter Six

VG tincture has a faint sweetness and very mild earthy undertone. When paired thoughtfully with other flavors, this disappears completely. When paired carelessly, it can make a drink taste 'green' or medicinal.

This chapter covers the flavor pairings that work, and why.

Flavors That Mask and Complement

- Citrus (lemon, lime, grapefruit) — brightness cuts through earthy notes and refreshes the palate
- Hibiscus — strong enough tart-floral profile to completely dominate the tincture taste
- Chamomile — soft and botanical; pairs naturally because it shares the plant-derived character
- Honey — sweetness and body balance the tincture's minimal bitterness
- Sparkling water — carbonation lifts flavor and distracts the palate from any residual notes
- Ginger — spice dominates and creates warmth that shifts the taste experience entirely

Flavors That Do Not Work

- Plain cold water — too neutral; the tincture note has nothing to hide behind
- Light white teas — the delicacy of the tea gets overpowered
- Milk alone, cold — fat suspension without emulsifier creates an oily texture

The General Rule

The stronger the flavor profile of the base drink, the more successfully it will carry a VG tincture. Build from bold flavors and let the tincture be invisible.

Invisible is the goal. When someone drinks an HFI tea and says 'this just tastes incredible' — that is the craft working exactly as it should.

Chapter Seven

Building a Beverage Menu for Events

Chapter Seven

The HFI mocktail bar is a curated experience, not a free-pour station. Building it well means thinking about pacing, dosing transparency, and the arc of the evening.

The Three-Drink Menu Format

For any HFI event, the mocktail menu is structured around three types:

- The Welcome Drink — low dose (5mg), served on arrival, easy and social
- The Signature Drink — moderate dose (10mg), the featured build of the evening
- The Wind-Down Drink — REST-based, warm, served toward the end

What Every Drink Menu Needs

- The name of the drink
- The primary botanicals or flavor profile
- The dose in mg, stated clearly
- A note on onset time

This is not a warning label. It is respect for your guest's intelligence and their right to make an informed choice. A guest who knows what they are drinking is a guest who will trust you — and return.

The Mocktail Bar Setup

- Pre-batch where possible — do not dose to order in a busy event setting
- Label everything clearly, including non-infused options
- Always offer at least one non-infused option for guests who prefer it
- Have water available at all times

The bar is part of the brand. Every detail — the glasses, the garnish, the menu card — communicates what High Frequency values.

Chapter Eight

Storage & the 21-Day Standard

Chapter Eight

The 21-day shelf life of the HFI RTD teas is not arbitrary. It is the point at which the absence of preservatives means bacterial activity can begin to compromise the product — even in a refrigerated environment.

RTD Tea Storage Standards

- Refrigerate immediately after production
- Keep sealed until consumption
- Label with production date on every bottle
- Do not consume after 21 days from production date
- Discard if any off odor, cloudiness, or unexpected carbonation develops

Mocktail Batches (Pre-Made for Events)

- Prepare no more than 24 hours before the event
- Refrigerate in sealed, labeled containers
- Do not add ice until service — dilution changes dose
- Consume any remainder within 48 hours

Tincture-Dosed Drinks (Made to Order)

When dosing individual drinks to order using VG tincture, no shelf life concern exists — the drink is consumed immediately. The tincture itself follows its own 12–24 month standard in the dropper bottle.

Freshness is part of the experience. An HFI tea that is two days from production is not the same as one that is nineteen days. The standard protects the guest, the brand, and the ritual.

Chapter Nine

The Drink as a Practice

Chapter Nine

Four books in, you have moved from honey to tincture to kitchen to drink. What connects all of them is the same discipline: knowing what you made, knowing how it works, and being honest about both.

The beverage is where that discipline becomes most social. A drink is shared. It passes between people. It becomes part of a conversation, a gathering, a memory.

That is a responsibility — and also a gift.

What Opens Next

- Book Five — *Chocolate & Confections*: Where the infusion system meets one of the most loved delivery formats in the world
- Book Six — *Chef Series & Culinary Applications*: The full integration of everything you have learned into a complete culinary practice
- Book Seven — *Wellness, Intention & Integration*: The philosophy behind all of it

Readiness Check

- You have made at least one infused beverage application
- You understand why hot-fill works and what it protects
- You can build a simple three-drink event menu with dosing clarity
- You know the 21-day standard and why it exists

Carry that forward. The next book is where infusion meets one of the most beloved foods in the world.

This is where the ritual becomes social.

Infusion is not about chasing a feeling.

It is about pacing, trust, and shared presence.

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Member Education Series • Book 04 of 07