

**Materials:**

Soy Lecithin granules  
Extract (api)  
Alkaline Water  
Ethanol  
400mL Mason Jars & lids  
100mL Glass spray bottles  
Hot Plate  
Thermometer

**Process:**

1. Create Lecithin Mix:
  - a. Place 20g Soy Lecithin into 400mL mason jar
  - b. Add 30g of 85F alkaline water, close lid
  - c. Stir gently, place in pot of 110F water
  - d. Sit for 2 mins stirring gently
    - i. DO NOT OVERSTIR – NO WATER POOLING IS DESIRED
  - e. Let it sit in 110F bath
  
2. Create dosed infusion:
  - a. In separate 400mL Mason Jar, combine 4g extract with 40g ethanol
  - b. Heat until dissolved
  - c. Separate into 3 100mL glass spray bottles
    - i. Dilute 1 with 15g Ethanol and 4g MCT Oil
  - d. Fill another 100mL spray bottle with Alkaline Water
  - e. Fill another 100mL spray bottle with 15mL Ethanol
  - f. Prepare pot to heat all 5 100mL bottles
  
3. Check on Lecithin
  - a. 1 hr after creation, water should be absorbed
  - b. Uniform hydration with no dry spots desired
  
4. Reduce surface tension by introducing an alternating pattern of hot solvent and hot water
  - a. Heat MCT/Ethanol/Extract to 140F, ensuring extract is fully dissolved
  - b. Heat alkaline water to 140F
  - c. Heat Lecithin mix to 125F (water temp 150F)
  - d. Open Lecithin mix lid and give 5 spritz of alkaline water
  - e. Close lid and set for 2 mins
  - f. Open Lecithin mix and give 5 spritz of MCT/ETH/Extract
  - g. Close and let sit for 2 mins
  - h. Repeat until both bottles are empty
  - i. Cap, reduce heat (water temp 135) and let the jar sit for 30 mins
    - i. DO NOT SHAKE OR STIR

5. Observe for clarity
  - a. Full clarity must be achieved
  
6. Create 3 part Final Solution
  - a. Increase water temp to 145F
  - b. Observe Lecithin Solution
    - i. High pc = very little separation
    - ii. Standard Lecithin will yield 2 layers – pc on top, other phospholipids on bottom
  - c. Place 2 empty 400mL mason jars beside Lecithin mix
  - d. Preheat an open tip syringe to 145F
  - e. Slowly and carefully draw up half of the top layer of the lecithin solution
    - i. Avoid any foaming or aeration
  - f. Inject into one of the empty jars and cap
  - g. Increase water temp to 155F
  - h. Gently swirl the 2-layer lecithin mixture until it is homogeneous
  - i. Once homogeneous, remove half of this solution and carefully transfer to the other empty jar
  - j. Close both jars and let all 3 sit for 10 mins to heat, settle, and remove bubbles
  - k. Get another 100mL spray bottle and add 50mL standard pH water
  - l. Place the standard water, and 3 other spray bottles into water to heat
  - m. Heat for 10 mins
  - n. Spray 5 spritz heated water onto the walls of the jar with only top layer & close lid
  - o. Open the other 2 jars and spray 5 spritz ethanol on the walls of each. Reseal.
  - p. Wait 2 mins for equilibriums to form
  - q. Open top layer jar and spritz walls 5 times with an ethanol/extract bottle. Reseal.
  - r. Open other 2 jars and spritz walls 5 times each with the other ethanol/extract bottle. Reseal.
  - s. Wait 2 mins for equilibriums to form
  - t. Repeat until bottles of ethanol/extract are empty
    - i. Only done with 2 jars not containing top layer
  - u. Open top layer jar and add 5 spritz heated water to sides. Reseal.
  - v. Wait 2 mins for equilibrium to form
  - w. Re-open and add 5 spritz ethanol/extract. Reseal.
  - x. Repeat until ethanol/extract bottle is empty
  
7. To infuse oil
  - a. Heat a pot of oil to the same temp as the 3 jars (155F)
  - b. Slowly pour all 3 jars into the oil
  - c. Gradually increase temp to 185F and hold it there
  - d. As the oil simmers, spritz with ethanol spray bottle once every 3 seconds until empty
  - e. Simmer an additional 2 mins
  - f. Remove from heat

8. For Water Soluble:

- a. Heat 150mL alkaline water and 50mL ethanol to 150F and place in spray bottle.
- b. Slowly introduce into the 2 jars containing the lower layer at a rate of 1 spray every 3 seconds until empty
- c. gently swirl as needed to force homogeneity
- d. Heat remaining spray bottle (ethanol) to 150F
- e. Spray into both jars at the same rate while swirling to homogenize
- f. Raise water temp to 195F (at sea level)
- g. Once mix starts bubbling in the jars, combine by slowly pouring one into the other
- h. Introduce the contents of the upper layer jar with a heated syringe at a rate of 1ml/sec
- i. Swirl gently to ensure homogeneity
- j. Preheat empty pot to 200F & pour half the mix in
- k. Immediately turn heat to high and rapid boil for 5-10 seconds
- l. Pour back into jar, cap it, remove from heat and cool in a bowl of room temp water
- m. Once cooled below 100F, shake to ensure homogeneity
- n. Allow to sit and observe for separation before use
  - i. No fragmentation or undissolved materials should be visible

This becomes an active 6 layer wafer that is completely water soluble

Things to consider:

- Rate of introduction and homogeneity are more important than specific physical ratios
  - Toy with Eth, MCT, Lecithin, Extract quantities
- "Oil" can be replaced with "Syrup" as long as it has a high sugar content
- Find light yellow granules with very little smell. Also look for ones with tricalcium phosphate added
- Always coax the material into the proper state before moving to the next phase
- Set a watch to check the length of the come up. If you haven't felt the full effects in 2 minutes then you most likely performed part of the process wrong