Howls Conversion Guide

Find the new amount that works for you.

Howls' Nighttime, Anytime, and Daytime formulas are now all one, new strength. **You now need LESS TINCTURE for the SAME EFFECT.**

Use the guide below to convert your old dose of SINGLE or DOUBLE STRENGTH to the NEW STRENGTH.

Here's the **NEW STRENGTH DROPPER** and how to measure the amount of **THC**

1 DROP 🌢 is 1 MG THC

Each **0.1 ML** dropper line is 5 MG THC

1 ML (full dropper) is 50 MG THC

MACRO	**THC**	
1 ML	50 MG	
STRONG	**THC**	
0.5 ML	25 MG	
MILD	**THC**	
0.1 ML	5 MG	
MICRO	**THC**	
1 DROP	1 MG	

5 MG

SINGLE STRENGTH — to → NEW STRENGTH

Single Strength **BEFORE** 3/11/24

1 ML	🌢🌢🌢🌢🌢🌢🌢 7 DROPS	
.75 ML	🌢🌢🌢🌢🌢 5 DROPS or .1 ML	
.5 ML	🌢🌢🌢 3 DROPS	
.25 ML	🌢 1 DROP	

New Strength **AFTER** 3/11/24

0.1 ML

1 DROP

After first use, add or subtract as needed until you find the right amount for you.

DOUBLE STRENGTH — to → NEW STRENGTH

Double Strength **BEFORE** 3/11/24

1 ML	0.3 ML	
.75 ML	0.2 ML	
.5 ML	0.1 ML	
.25 ML	🌢🌢🌢 3 DROPS	

New Strength **AFTER** 3/11/24

0.3 ML
0.2 ML
0.1 ML

1 DROP

Questions or need guidance?   Email hello@howls.com

Howls Conversion Guide

★ HIGH CBD AND CBD-THC ★

Find the new amount that works for you.

Starting March 11, these formulas are becoming new, simpler to use strengths. **You now need LESS TINCTURE for the SAME EFFECT.**

Use the dropper info and guides below to convert from the amount in the **OLD DROPPER** to the amount in the **NEW DROPPER.**
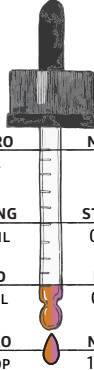
High CBD (10:1)

Each **1 ML** (full dropper)
is 50 MG CBD and 5 MG THC

Each **0.5 ML** dropper line
is 25 MG CBD and 2.5 MG THC

Each **0.1 ML** dropper line
is 5 MG CBD and 0.5 MG THC
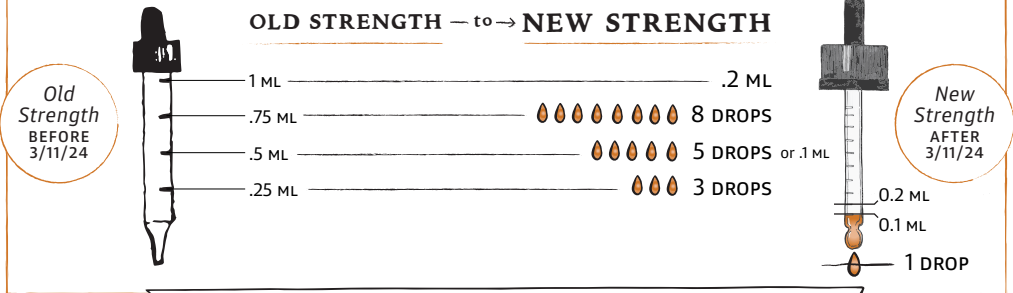
CBD-THC (1:1)

Each **1 ML** (full dropper)
is 25 MG CBD and 25 MG THC

Each **0.5 ML** dropper line
is 12.5 MG CBD and 12.5 MG THC

Each **0.1 ML** dropper line
is 2.5 MG CBD and 2.5 MG THC

10:1 CBD	MACRO	MACRO	1:1 CBD THC
50 MG	1 ML	1 ML	25 MG
CBD	**STRONG**	**STRONG**	**CBD THC**
25 MG	0.5 ML	0.5 ML	12.5 MG
CBD	**MILD**	**MILD**	**CBD THC**
5 MG	0.1 ML	0.1 ML	2.5 MG
CBD	**MICRO**	**MICRO**	**CBD THC**
1 MG	1 DROP	1 DROP	.5 MG

High CBD (10:1)

OLD STRENGTH — to → NEW STRENGTH

Old Strength BEFORE 3/11/24

1 ML	.2 ML
.75 ML	8 DROPS
.5 ML	5 DROPS or .1 ML
.25 ML	3 DROPS

New Strength AFTER 3/11/24

0.2 ML
0.1 ML
1 DROP

After first use, add or subtract as needed until you find the right amount for you.

CBD-THC (1:1)

OLD STRENGTH — to → NEW STRENGTH

Old Strength BEFORE 3/11/24

1 ML	0.3 ML
.75 ML	0.2 ML
.5 ML	7 DROPS
.25 ML	3 DROPS

New Strength AFTER 3/11/24

0.3 ML
0.2 ML
0.1 ML
1 DROP

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