

Simple Mixing Guide

Made for a 120 ml bottle (or your favorite size) • No math degree needed 🧡

Questions?

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Stay Safe

- **Work calmly and focused** — one thing at a time, no rush.
- **Protect your skin and eyes** from any splash or spill. Wear gloves and safety glasses.
- **Be ready to jump in the shower** — it's also your eye-wash station if anything splashes.
- **Work on a spill pad.** Pet training pads work great.
- **Keep everything away from kids and pets** — before, during, and after.



Smart Sourcing

- **Question pre-mixed carrier or base.** Was it prepared well, by someone you trust?
- Look for an **MSDS** and **COA**, and a **CAS number** you can check.



What You'll Need

- **Alice Flavor Blend (4X)** — or your own blend.
- **Carrier** — PG and/or VG.
- **Nicotine base, 100 mg/ml** (optional). This strength is the safest and easiest to measure — e.g. PurNic from NicRiver.
- **Measuring tubes + a rack** (a coffee mug works too).
- **Clean gear:** steam-sanitize in the dishwasher, or boil 10 min after washing.
- **70% alcohol spray** for surfaces — clean touches clean.
- **Labels** — have fun with them!



Keep It Fresh

Refrigerate everything to keep it fresh — aim for **33–41 °F**.



The Easy Recipe

For a 120 ml finished bottle. Your flavor blend is always **¼ of the finished bottle** — so it scales to any size (see the chart on page 2).

- 1 **Flavor blend** (Alice 4X or your own)
30 ml — one full 30 ml extract bottle (¼ of your finished 120 ml bottle)
- 2 **Nicotine base** — optional. Pick your strength:

1.2 ml 1 mg	3.6 ml 3 mg	7.2 ml 6 mg
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- 3 **Carrier** — fill the rest of the way up to the **120 ml line**.
Tip: add a little more PG than your usual ratio — the flavor blends are VG-based.
- 4 **Cap, shake well, label** — then wash your gear right away.

On your label, add: flavor name • strength • date •
“keep away from kids & pets.” Make it yours!

These are flavor extracts for mixing into your favorite recipe. **Do not eat, drink, or use them straight.** Handle nicotine responsibly and store all supplies out of reach of children and pets.



Nicotine Strength Chart

Questions?

How much **100 mg/ml** nicotine base to add — no math needed 🍷

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Find your **strength** down the left side and your **bottle size** across the top. Where they meet is the amount of nicotine base to add. All amounts are in **ml**.

STRENGTH ↓ SIZE →	15 ML	30 ML	60 ML	120 ML	250 ML
0 mg	none	none	none	none	none
0.5 mg	0.075	0.15	0.30	0.60	1.25
1 mg	0.15	0.30	0.60	1.20	2.50
3 mg	0.45	0.90	1.80	3.60	7.50
5 mg	0.75	1.50	3.00	6.00	12.50
6 mg	0.90	1.80	3.60	7.20	15.00
11 mg	1.65	3.30	6.60	13.20	27.50
18 mg	2.70	5.40	10.80	21.60	45.00

Then finish the bottle the same way every time:

- ① Add your nicotine base from the chart above (skip for 0 mg). ② Add your flavor blend — always **¼ of the finished bottle** (see below). ③ Top off with carrier **up to the line**. ④ Cap, shake, label.

FLAVOR BLEND (¼ OF FINISHED BOTTLE)	15 ML	30 ML	60 ML	120 ML	250 ML
Alice 4X blend to add	3.75 ml	7.5 ml	15 ml	30 ml	62.5 ml

Measuring the small amounts: for anything under ~1 ml, a 1 ml syringe makes it easy and precise. Always double-check your strength before you pour.

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the mixing video