

SALTS Mixing Guide

5 mg & 22 mg SALTS • using Nicotine Salt 100 mg/ml • no math needed 💛

Questions?
nicole@aliceextracts.com

Here's the only thing to remember: your **Alice Flavor Blend is always $\frac{1}{4}$ of the finished bottle**. Everything else is just filling to the top — the chart below does the rest for you. 🍷

🍷 The Recipe — find your bottle size, then your strength

Bottle	① Add Alice Flavor Blend ($\frac{1}{4}$)	for 5 mg SALTS		for 22 mg SALTS	
		② Add Nicotine Salt	③ Fill to top with carrier	② Add Nicotine Salt	③ Fill to top with carrier
15 ml	3.75 ml	0.75 ml	~10.5 ml	3.3 ml	~7.95 ml
30 ml	7.5 ml	1.5 ml	~21 ml	6.6 ml	~15.9 ml
60 ml	15 ml	3 ml	~42 ml	13.2 ml	~31.8 ml
120 ml	30 ml	6 ml	~84 ml	26.4 ml	~63.6 ml
250 ml	62.5 ml	12.5 ml	~175 ml	55 ml	~132.5 ml

Step ① (Alice Flavor Blend) is the same for both strengths. Then steps ② and ③ follow the strength you chose — fill to the top with your carrier (PG/VG of choice). Tiny amounts (under ~1 ml)? A **1 ml syringe** makes them easy and precise.

👍 How to Mix

- 1 Add your Alice Flavor Blend — $\frac{1}{4}$ of the bottle (from the chart).
- 2 Add your Nicotine Salt (100 mg/ml) — the amount for the strength you want, 5 mg or 22 mg.
- 3 Fill to the top with carrier (your PG/VG of choice). Tip: nudge in a little extra PG, since the blends are VG-based.
- 4 Cap, shake well, label — then wash your gear right away.



Stay safe

- Work **calmly and focused**, one step at a time.
- Gloves + safety glasses. Protect skin and eyes from splashes.
- Be ready to **jump in the shower** — it's your eye-wash too.
- Work on a spill pad. Keep away from **kids & pets**.
- Refrigerate to keep fresh (**33–41 °F**).



On your label

- Flavor name
- Strength: **5 mg or 22 mg SALTS**
- Date mixed
- **Keep away from kids & pets**

About SALTS: salt nic stays smooth even at higher strengths, which is why 22 mg is popular in smaller pod-style devices. These are flavor extracts for mixing into your recipe — **do not eat, drink, or use them straight**. Handle nicotine responsibly and store all supplies out of reach of children and pets.