

Accuracy is crucial to getting optimal results.

When you're ready to start creating your own powder blends, choose a suitable time and place to ensure you're not rushed and set aside an hour when you will be free of interruptions, then get your equipment arranged on a stable surface where you have plenty of room.

Then simply follow these step by step instructions.

1. Select your ingredients and the amounts you want.
2. Decide if you want to use flavours, sweeteners or taste maskers.
3. Consider the properties of each ingredient. Does one clump together or is it hygroscopic (absorbs moisture). If the properties are not suitable for uniform mixing, then you may want to consider using another substance to help with the mixing process and to ensure your mixture stays mixed together and does not clump back together. Silica is one such substance that can be used for this. It is usually mixed with other powders in amounts of 0.5 – 2% of total powder blend volume.
4. Weigh out your ingredients with an accurate scale.
5. Sieve each ingredient to ensure it is a fine uniform powder with no lumps. If you have any lumps use a mortar and pestle to grind (triturate) the lumps into a fine powder.
6. Mix your ingredients together using the geometric dilution technique – slowly combining your ingredients at small portions at a time. For example, if you are mixing two powders, take the powder of the smaller amount and place in the pestle. Then add the other powder but only at an equal amount to the lesser powder, leaving the rest out of the mixture for now. Finely grind (triturate) the powder with the mortar and pestle so it is completely mixed (Homogeneous). Add an amount of the remaining powder equal to what is in the pestle. Repeat the process until all the powder is mixed and homogeneity is achieved. If you are mixing powders that are different colours, then you will easily be able to see how well it is mixing. If you are mixing two powders of similar colours, then you could use a food grade dye in with the powders to ensure the homogeneity of the mixture.
7. After the mixing is done you can package in it a bag or container. Some powders such as herbs may need a Silica Gel bag included in the container to keep the moisture away.

**Warning:** It is extremely important to note the safety of the powders used. You can find safety information on a Safety Data Sheet (SDS). Ensure adequate ventilation is used and if the powders are unsafe to inhale then use safety masks or breathing apparatuses to avoid inhaling the substances.

It is also important to ensure mixing is completed correctly and the ingredients are in the correct proportions uniformly throughout the mixture otherwise you will risk taking incorrect dosages of your ingredients which could be dangerous or even fatal. If you have any doubts about the mixture do not take it.