

SMYTH

CANNABIS CO.

**CONSUMER
EDUCATION**

TYPES & EFFECTS

THC & CBD

Cannabis has been used for medicinal purposes for many years. Mature cannabis plants contain many different cannabinoids that give the user physical and/or psychotropic effects. Each strain or variety of cannabis has a different cannabinoid profile with varying strengths.

Tetrahydrocannabinol (THC) - This was the first cannabinoid identified. The therapeutic effects of THC have been well documented as a result. THC is known to produce the "high" effect associated with cannabis.

Cannabidiol (CBD) - CBD is another well-known cannabinoid. It has gained attention for its medicinal benefits but provides little to no "high".

Everyone has different experiences using marijuana. There are a number of factors that impact the effect you feel including:

- Dosage (amount used)
- Strain or type of cannabis
- Environment/setting
- Method of use
- Mood or mindset
- Experience/history of marijuana use

Cannabis strains can be divided into four categories: sativa, indica, hybrid, and High CBD. Sativa & indica strains originate from different geographic locations. They have distinct characteristics in appearance and growth cycle. More importantly, the two types of cannabis can have very different effects on the human body. Strains are bred to maximize/minimize specific traits and effects, and hybrid strains are created when genetics from both sativas and indicas are joined together.

TYPES & EFFECTS

Sativa

Sativa strains tend to provide uplifting and energizing effects that are good for daytime use. Customers seeking cannabis that offers pain relief and encourages physical activity, increased energy, and creativity may prefer sativa strains. Sativas can also help alleviate anxiety and depression, promoting a sense of well-being.

Indica

Indica strains are known for relaxing the body and mind. Indica strains are helpful for patients looking to manage pain, insomnia, anxiety, and stress- especially in the evenings. Indica strains also help relieve intra-ocular pressure. The full-body sedating effects of indicas are best for those with chronic pain and issues with sleep. These strains are also effective in stimulating appetite and reducing nausea.

Hybrid

Hybrid strains are crossbred strains of cannabis that have genetics from both sativa and indica strains. Their traits depend on what is inherited from parent strains. Hybrid strains are generally categorized as sativa-dominant, indica-dominant, or balanced (50/50) hybrid.

CBD-Rich

High CBD strains are reported to be helpful in treating a number of conditions while producing little to no psychoactive effects. These strains can be indica, sativa, or hybrid. Strains are specifically bred for high CBD content, therefore maximizing medicinal benefits. CBD may be helpful in treating pain, inflammation, and anxiety.

DELIVERY & DOSAGE

Inhalation

The most common method patients use is inhalation. When inhaled, cannabinoids enter into the lungs where they are then passed directly into your bloodstream. This enables quick onset, making proper dosing easier than other methods.

Vaporizing

Vaporizers are devices that heat cannabis to a specific temperature, below its ignition or combustion point. Due to the fact that there is no combustion occurring, vaping is a much safer alternative to smoking. The temperature range used is 338-390 degrees Fahrenheit. This releases cannabinoids as a vapor without producing smoke. Vaporizing also causes little to no irritation to the throat or lungs.

Dosage

Vaporizing may require up to twice as much dry cannabis flower to deliver the same effect as other delivery methods. However, vaping can be more efficient than smoking so some patients may actually use less.

Smoking

Smoking is the classic method of cannabis delivery. This is done by smoking cannabis in rolled paper, pipes, or water pipes. Smoking provides patients with controllable and readily available effects which means that many patients can slowly increase their dose to achieve symptom relief.

The amount used while smoking varies. The average joint contains 0.5g to 1 gram of cannabis. The average amount used daily also varies from 0.5g-7g or more. Smoking is done frequently throughout the day as the duration is 2-4 hours.

Onset: 5 – 10 minutes

Duration: 2 – 4 hours

Topicals

Topicals consist mostly of non-psychoactive, cannabis-infused salves, oils, and transdermal patches. Patients apply these products directly onto their skin to treat localized pain, muscle soreness, and inflammation.

Patients with skin disorders or peripheral pain disorders do well with topical cannabis.

DELIVERY & DOSAGE

Topicals

Cannabinoids are absorbed through the skin and do not result in psychoactive effects. The dose is a function of an area to be covered. Topicals can be used as needed.

Onset: Varies

Duration: Varies

Ingestion

Another popular way to consume cannabis is through ingesting it in edible form. When cannabis is ingested, cannabinoids are metabolized by the liver, which strengthens both the effects and duration. Eating or ingesting cannabis usually leads to longer, stronger, and much more physical effects than smoking. Due to the longer and slower release of cannabinoids, ingestions may be a better choice for chronic conditions that require a maximum dose. The ability to control the effects (titrate) is more difficult than inhalation because of the variability of digestion and product.

Start low and go slow! Wait at least two hours to assess the effects before increasing the amount of cannabis consumed, and remember that an empty stomach can significantly affect the time it can take for the cannabis to take effect. If the effects are too strong, drink water and find a safe and comfortable place to rest. It may take some time but the effects will pass.

Onset: 1 – 2 hours

Duration: 6 – 8 hours

Sublingual Delivery

Some cannabis products are designed for sublingual consumption, including tinctures. “Sublingual” refers to the tissue under the tongue, an area where cannabinoids can enter directly into the bloodstream. Dosing can be easily managed through this discreet, and very effective delivery method.

The amount needed will depend on the tincture. Patients should start with a few drops and increase them as needed. Typically, one dropper full is considered a dose. One dropper is equal to 1mL.

Onset: 5 – 30 minutes

Duration: 1 – 6 hours

*If using a concentrate, much less is required. Concentrates provide a higher dosage. For example, 0.1g of wax might provide 65mg of cannabinoids.

TOLERANCE & DEPENDENCE

Tolerance plays a significant role in the amount of cannabis used, and tolerance develops faster with high potency cannabinoids. When cannabis is used chronically, there is a continuous stimulation of cannabinoid receptors which leads to a “desensitization” of these receptors. Thus, more of the drug is needed to achieve the desired effect.

Physical dependence on marijuana is not substantiated by research. However, physiological dependence is possible with the overuse of any substance.

Cannabis Withdrawal

Unlike other medicinal and illicit drugs which may cause severe withdrawal symptoms and even death upon cessation of use, cannabis withdrawal may be unpleasant but never deadly.

Signs and Symptoms of Drug Abuse

Each drug has different physical effects, however, the symptoms of addiction are similar. If you notice the following signs or symptoms of drug abuse, consider talking to someone.

- Neglecting responsibilities at home, work, or school because of drug use
- Spending excessive time in acquisition, using, or recovering from use
- Unsuccessful attempts to quit/cut down use
- Getting into legal trouble
- You take drugs to avoid or relieve withdrawal symptoms
- Your life revolves around your drug use
- The substance is often taken in larger amounts or over a longer period than was intended
- Continued use of the substance despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of its use

Help with Substance Abuse

If you think you need help with substance abuse call the Massachusetts Substance Use Helpline at (800)327-5050.

WARNING

Only licensed dispensaries may sell cannabis. Consumers may not sell cannabis to any other individual. A first-time offense (less than 50lbs) may result in up to 2 years in prison or a \$5,000 fine. Additional offenses can result in 2.5 years of imprisonment or a \$10,000 fine.

Marijuana has not been analyzed or approved by the FDA. There is limited information on the side effects of using marijuana, and there may be associated health risks. Driving or operating machinery while under the influence of marijuana is prohibited by M.G.L. c.90, §24

KEEP ALL MARIJUANA AWAY FROM CHILDREN. STORE ALL PRODUCTS IN THEIR ORIGINAL CHILDPROOF PACKAGING, OUT OF REACH OF CHILDREN, AND IN A LOCKED CONTAINER. TO AVOID THE RISK OF ACCIDENTAL INGESTION, DO NOT STORE EDIBLE MARIJUANA PRODUCTS WITH OTHER FOODS. BE RESPONSIBLE ABOUT SAFE STORAGE.

STRAIN JOURNAL

Date _____

Strain Name

Notes

[illegible]

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