PHYSICAL & PSYCHOLOGICAL EFFECTS OF CANNABIS USE VARY FROM PERSON TO PERSON. THESE EFFECTS CAN BE IMPACTED BY UNDERLYING HEALTH CONDITIONS, PHYSICAL HEALTH, INTERACTIONS WITH OTHER SUBSTANCES, AND TOLERANCE. IF YOU ARE NEW TO CANNABIS USE PROCEED WITH CAUTION. BUY FROM A LICENSED DISPENSARY. START LOW. GO SLOW.

High THC/Low CBD
(Above 5mg THC)

Low THC/High CBD
(Below 5mg THC)

All cannabis and cannabis products contain some combination of THC and CBD. The higher the THC content the more intense the associated feelings of high, heavy limbs, euphoria, and relaxation.

- **dried flower:** 5-30% THC concentration; typically smoked or vaped
- **consumables:** gummies, cooked or baked foods
- **vape pens:** use oil, or dry herb
- **concentrates:** 40 - 80% THC concentration

**Smoking**
Takes effect: 2 - 10 minutes
Peaks: 30 - 50 minutes
Effects lasts: 4 - 6 hours

**Vaping**
Takes effect: 2 - 10 minutes
Peaks: 30 - 50 minutes
Effects lasts: 4 - 6 hours

**Consumables**
Takes effect: 1 - 3 hours
Peaks: 3 hours
Effects lasts: Up to 24 hours

Note: Concentration numbers are typical; actual product concentrations may vary. THC concentration and dosage for consumables will vary widely based on recipe and serving size.