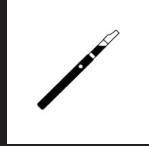


Consumption Methods

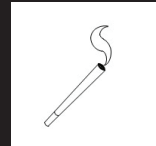
INHALATION

Commonly consumed with rolled papers or pipes, or through dry herb or oil vaporizers.
Recommended Starting Dose: 1-3 Hits



VAPORIZING

A smokeless method that heats up cannabis flower or oil to its activating temperature, which is inhaled through the water vapor in the air.



SMOKING

The direct inhalation of a combusted product that enters into the lungs, then into the bloodstream.



CONCENTRATES

An isolated mass of cannabinoids and/or terpenes extracted with or without solvents, which is heated to activating temperature to consume.

Onset, Duration, and Dosing

Onset: Instantly to 30 Minutes

Duration: 90 Minutes to 4 Hours

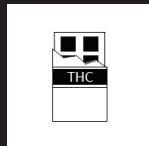
Vaporizing flower is the safest method of inhalation as smoke may be harmful to lung health.

Concentrates are potent products and should be consumed with caution and consistency.

It is recommended to start with 1-3 hits (inhales) when consuming a new product. Wait 30 minutes before returning for additional doses if needed.

INGESTIBLES

Commonly consumed as gummies, tinctures, mints, baked goods, and other forms factors.
Recommended Starting Dose: 5mg



EDIBLES

Infusing the active compounds of cannabis into food, drinks, or other forms which may be consumed orally (eaten) or sublingually.

Onset: 45 Minutes to 2 Hours

Duration: 4 to 8 Hours

OTHER METHODS

New Jersey offers an ever growing variety of other consumption methods for cannabis products!
Recommended Starting Dose: Thin Application



TOPICALS

An infused tincture often mixed into a thinning agent, such as lotion or oil. The skin then absorbs the topical, potentially offering localized relief for extended periods..

Onset: 30 Minutes to 2 Hours

Duration: 2 to 4 Hours

Dosing Guide

Flower

Recommended Starting Dose: **1-3 Hits**
Average THC Dose per Product: **5mg**
Average THC% per Package: **15-30%**

Cartridges

Recommended Starting Dose: **1-3 Hits**
Average THC Dose per Product: **10mg**
Average THC% per Package: **75-90%**

Concentrates

Recommended Starting Dose: **1 Hit**
Average THC Dose per Product: **10mg**
Average THC% per Package: **75-90%**

Edibles

Recommended Starting Dose: **1/2 Piece**
Average THC Dose per Product: **10mg**
Average mgs THC per Package: **100mg**

Tinctures

Recommended Starting Dose: **1mL**
Average THC Dose per Product: **3.33mg**
Average mgs THC per Package: **100mg**

Topicals

Recommended Starting Dose: **Thin Layer**
Average THC Dose per Product: **5mg**
Average mgs THC per Package: **100mg**

New Jersey's Cannabis Regulatory, Enforcement Assistance, and Marketplace Modernization (CREAMM) Act allows adults 21 years or older to purchase, carry, and use cannabis (commonly called marijuana, pot, or weed) legally.

Possession Laws

Individuals 21 Years or older may purchase up to one (1) Ounce of usable cannabis products per day, while possessing up to six (6) ounces of cannabis products at once (product forms may vary).

Consumption Laws

You can use cannabis on private property, but property owners have the right to restrict cannabis use on their property. You may also use, smoke, eat, or vape in dispensaries licensed and zoned for onsite consumption. You cannot use, smoke, eat, or vape cannabis on federal lands, in federal buildings, or smoke in public spaces where smoking is banned.

Smoking is not permitted (allowed) on the beach and boardwalk in Atlantic City, New Jersey.

609.428.6235

**3004 Atlantic Avenue,
Atlantic City, NJ 08401**



Cannabis Consumption

Safety Guide

www.SunnyTien.com