

Potential Effects and Experiences



SMOKING

Inhaling smoke into the lungs offers a faster onset of effects. Most users experience cerebral and physical euphoric sensations for the first 2 to 4 hours.

When smoking cannabis through rolled papers or pipes, it is always recommended to take deep breaths of fresh air between each hit to clear any residual smoke from the lungs.

Utilizing a water pipe or bong may filter the smoke through the water, potentially minimizing the inhalation of irritants. Consumers should be cautious of intense heat from smoke inhalation that may irritate or inflame the lungs.



VAPORIZING

Consuming dry flower or oil extract in a vaporizer is the safest method of inhalation. The onset of effects is similar to smoking cannabis, but may offer a more euphoric experience due to the concentration of THC being consumed.

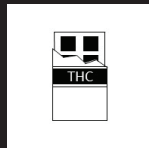
While vaporizing is safer due to the absence of smoke, consumers should still remain cautious of high heat from vapor temperatures.



CONCENTRATES

Consuming an extract will offer a heightened euphoric experience due to the concentration of cannabinoids and terpenes in the product.

Smoking any concentrate should be approached with extreme caution as it is difficult to dose the malleable product. Vaporizing concentrates may offer a more consistent experience due to temperature control and being able to time each inhalation.



EDIBLES

Infused products are a safer method of consumption than inhaling smoke, and offer consistency when selecting doses. Most consumers experience a balanced cerebral and physical euphoria for a prolonged period of time.

Edibles should be taken with caution. Start with smaller doses with each new product to gauge the onset, duration, and experience of effects.



TOPICALS

Infused products may be applied directly to the epidermis, or skin, for a non-euphoric, localized sense of relief. Topicals often come as lotions and balms.

Without the active compounds entering the lungs and the bloodstream, there are often no euphoric sensations associated with topicals, making them a dynamic product to be used throughout the day without concern of intoxication.

Potential Side Effects

While cannabis may offer a variety of benefits to most consumers, all users are at risk to potentially experience side effects:

- Dehydration
- Paranoia
- Anxiety
- Lung irritation
- Increased heart rate
- Nausea
- Dizziness
- Fatigue

Tips and Tricks

Start Low, Go Slow

- Whether trying cannabis for the first time or a new product, it is always good practice to start with a single smaller dose and wait the full onset time before consuming more.

Don't Get Mixed Up

- When consuming a new product for the first few times, be sure to try it on its own without other cannabis substances to get a proper gauge on the onset, duration, and effects.

Smoking is Harmful to the Lungs

- If choosing to consume cannabis through inhalation, it is recommended to use a dry herb vaporizer as opposed to consuming smoke through combustion. Smoke of any sort may cause damage to the mouth, throat, and lungs and should be avoided when possible.

Tolerance, Dependencies, and Withdrawal

All consumers will experience cannabis differently, dependent on the product, form factor, dose, and/or method of consumption. Depending on frequency of use, consumers will develop a tolerance to products, often at different rates. Only consume based on your experiences and comfort.

Some consumers may become reliant on cannabis products and their effects. Those experiencing dependencies may review the Signs and Symptoms of Substance Misuse below.

Consumers experiencing withdrawal symptoms from cannabis may include headaches, irritable behavior, changed sleep schedules, and changes

Signs and Symptoms of Substance Misuse

- Consistently craving cannabis use
- Consuming more than intended or required
- Sacrificing family time, life events, or work to instead consume cannabis products
- Consuming with high-risk activities like driving

Substance Misuse Programs

For those concerned with or those who are experiencing substance misuse with cannabis, please contact the Substance Abuse and Mental Health Services Administration at 1-800-662-4357

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**



Cannabis Safety Guide

www.SunnyTien.com

609.428.6235

3004 Atlantic Avenue,
Atlantic City, NJ 08401