

What is THC and CBD?

THC and CBD are the two main active compounds found in the cannabis plant. There are over 85 cannabinoids in cannabis, but THC and CBD are the most abundant

THC (tetrahydrocannabinol): The cannabinoid in cannabis typically attributed to the plant's psychoactive effects.

CBD (cannabidiol): The minimally psychoactive cannabinoid in cannabis that may relieve anxiety, inflammation and more.

Dosing

Proper dosage of cannabis will vary by consumer. Consumers should begin with no more than 5 mg of THC per serving. Effects can vary widely from person to person, so remember to start small.

Community Compassion & Compliance



The Frosty Nug

Consumer Education
Enjoy your cannabis
responsibly

Duration of Effects:

Vaporizing and Smoking:

Onset of Effects: 90 seconds
Peak Effects: 15-30 Minutes
Duration of Effects: 2-3 Hours

Edibles (Oral Administration):

Onset of Effects: 90 minutes
Peak Effects: 2-6 Hours
Duration of Effects: 4-12 hours

Warnings

Alcohol: Do not mix marijuana with alcohol.

Food: Do not consume marijuana infused products on an empty stomach. Consuming marijuana products on a full stomach will decrease the intensity

Children and Pets: Always store all cannabis products in a locked area that is out of sight and reach of children and pets. Keep cannabis in the child resistant packaging from the store. Never use cannabis around children. When you are using cannabis make sure an adult who can look after your children is nearby. Secondhand cannabis smoke contains chemicals that can be harmful to your children.

Pregnancy: Marijuana may be harmful to developing brains. Smoking marijuana or consuming edible cannabis products can expose your baby to potentially harmful substances. If you are pregnant or breastfeeding or plan to become pregnant soon, leading doctors organizations recommend that you do not use marijuana.

Dependence and Abuse

Some people who use marijuana long term and are trying to quit report mild withdrawal symptoms that make quitting difficult. Some people may also experience addiction, and show the signs and symptoms of drug abuse.

Examples of some signs of substance abuse are:

- Neglecting responsibilities at work, school, or home due to drug use
- Using drugs under dangerous conditions or taking risks while high.
- Causing problems in relationships.
- Taking drugs to avoid or relieve withdrawal
- Abandoning enjoyed activities
- Losing control over drug use

If you or someone you know needs help with substance abuse, help is available. Please visit: helplinema.org or see NIH Drug Facts Resources for more information

Cannabis Categories and Effects

Sativa: Sativa strains are generally cerebral in effect, with uplifting characteristics and are best used during the daytime.

Hybrid: Hybrid strains are a balance between Sativa and Indica strains, and are known for relaxing, balanced and blissful effects.

Indica: Indica strains are known for relaxing and sedative effects, used at night for sleep-enhancing properties.

