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# CANNABIS

# 101

"Understanding  
the Basics."



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## BUY LOCAL. SUPPORT SAFE CANNABIS.

Only state-licensed facilities can offer safe, legal, tested cannabis products. When you buy from licensed dispensaries, you help build a safe, responsible, thriving market in our state.



Lab Tested



Child-Safe Packaging



Accurate Labeling



Locally Grown & Produced



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Supports Ohio  
Communities



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# TYPES OF CONSUMPTION

These days, a wide variety of consumption methods exist. Here is a quick rundown of the most common forms of consumption and the cannabis forms for each:



## **Edibles:**

Cannabis is combined with different foods (gummies, baked goods, drinks) and metabolized through the liver.



## **Capsules/Tablets:**

Swallowed and absorbed into the digestive system.



## **Tinctures:**

Cannabis liquids that are placed under the tongue with a dropper and absorbed.



## **Lozenges:**

These items dissolve in the mouth.



## **Pre-Rolls:**

Dried flower is rolled into a cigarette-like shape using rolling paper.



## **Pipes and Bongs:**

Dried Flower are placed into the device and smoked.



## **Concentrates:**

Cannabis concentrate is inhaled from a smoking device.



## **Vape Cartridges/ Pods:**

Cannabis smoked from either a vaporizing device or concentrated cannabis in an oil cartridge.



## **Topicals:**

Applied to the skin and includes lotions, ointments, and balms.



## **Dry Flower Vaporizer:**

Dried flower is heated and inhaled from a vaporizing device.





# “START LOW AND GO SLOW”



- “Start Low” with the amount of cannabis consumed and “Go Slow” when increasing the amount of cannabis you consume.
- Start with a low serving size. You may have to cut your edible to start with or have fewer sips of a beverage rather than taking the entire serving at once.
- **Inhaling:** wait 10-15 minutes for full effect  
**Edibles:** wait 90-120 minutes for full effect
- Everyone is different, but most people generally experience the following:  
**Inhaling:** lasts about 1-3 hours  
**Edibles:** lasts about 4-6 hours
- When trying a new product for the first time remember, different products can take longer to take effect. Wait for effects before taking more. You can always take more if you aren’t feeling the effects, but you cannot go back and take less!

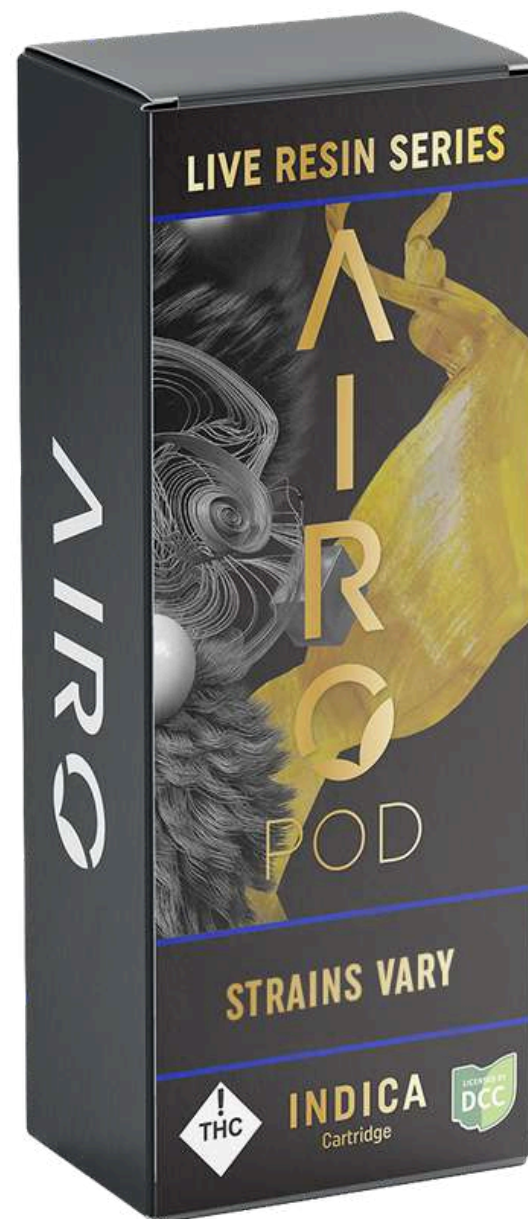
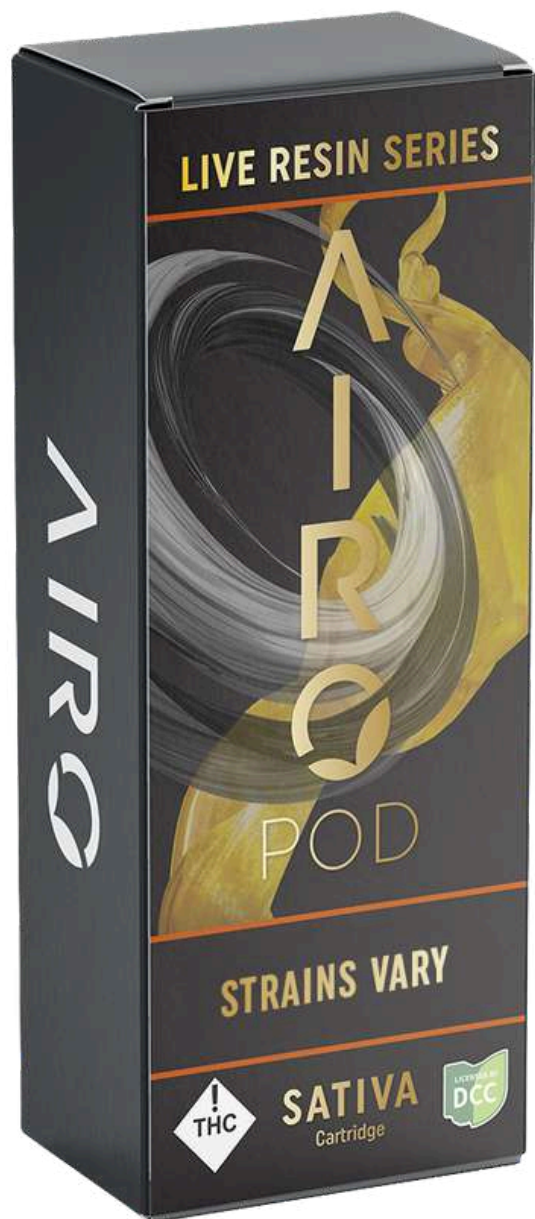




# INDICA VS. SATIVA

## WHAT'S THE DIFFERENCE?

When it comes to cannabis, people often talk about two main types: Indica and Sativa. Here's a quick and easy breakdown:



- **Appearance:** Indica plants are usually short and bushy with wide leaves. Sativa plants grow tall and thin with narrow leaves.
- **How They Make You Feel:** Sativa products are often described as energizing and uplifting. Indica products, on the other hand, are known for their relaxing and calming effects.
- **What About Hybrids?** Hybrids are just a mix of both. If a strain is “indica-dominant,” it leans more toward the relaxing side. If it’s “sativa- dominant,” it might give you more energy — but with some chill mixed in.
- Keep in mind, these effects are based on personal experiences and don’t apply to everyone. In fact, the effects of cannabis mostly come from two key components: cannabinoids and terpenes. These chemical compounds work together to create the overall feel of each strain.



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# ALL ABOUT EDIBLES



Edibles are consumable products that have been infused with cannabis. While edibles are a great option for customers, they can easily lead to a bad experience if you are not cautious. A common mistake that many first-time edibles users fall victim to is eating too much. Follow these steps when consuming edibles:

- **Start Low & Go Slow:** The suggested starting dose for an edible is 2.5-5mg. This may not seem like much for an experienced smoker, but it is best to consume conservatively the first time. Edibles can take up to 90-120 minutes before the effects become noticeable.
- **Plan Ahead:** While the effects of smoking cannabis are instantaneous, edibles tend to take longer to “kick in” and last for a much longer time. The effects from edibles are noticeable for roughly five hours.
- **Get Comfortable:** Make sure you’re aware of your surroundings when using edibles. Never get behind the wheel of a car while under the influence of cannabis, if you do have to leave use a designated driver.



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# REGULATED VS. UNREGULATED PRODUCTS

## KNOW THE DIFFERENCE



➤ **Regulated products** are tested cannabis products from licensed dispensaries

- Safe for human consumption
- Packaged and labeled to keep children safe
- Potency is accurate and listed
- Ingredients can easily be found
- Know who made it
- Produced right here in Ohio
- Sales are taxed, with revenue going to our local communities
- Sold in a 21+ retail dispensaries only, not accessible by children
- Not sold alongside food, alcohol, nicotine, or tobacco



➤ **Unregulated products** include intoxicating hemp (delta 8, etc.), illicit cannabis that can be found at gas stations and smoke shops.

- Unsafe and untested
- No packaging or labeling regulations
- Unknown potency
- No idea how or where it was made
- Likely not grown or manufactured in Ohio
- Not paying cannabis taxes
- May contain harmful chemicals, contaminants, heavy metals, pesticides or poisonous ingredients
- No age restrictions
- Contains or sprayed with unsafe synthetic chemicals, often from China



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# ABC'S OF CANNABIS COMMON TERMS

**Aroma:** The odor of a cannabis sample. The aroma of marijuana is caused by chemical compounds called terpenes.

**Bud:** A reference to the flower of the cannabis plant.

**Cannabinoids:** The chemical compounds found in cannabis. The most famous example is THC, or tetrahydrocannabinol, which provides the wanted effect delivered by most strains of cannabis.

**CBD:** Cannabidiol, or CBD, is one of the cannabinoids found in cannabis. Next to THC, CBD is the second most common cannabinoid in marijuana. CBD is not intoxicating.

**Concentrates:** Extracts from cannabis that offer greater strength and potency than flowers from the herb and are available in many different forms. Concentrates typically have very high levels of THC and other cannabinoids.

**Cross (crossbreeding):** The act of breeding two different strains of cannabis to produce a new and unique strain. The goal when crossing strains is to combine the most desirable traits of both parents.

**Dab:** Slang for a dose of BHO (Butane Hash Oil) that is smoked or vaporized. You can DAB products from oils other than BHO – you can dab any concentrate, regardless of how it was extracted.

**Dispensary:** A business location where patients and adult-use consumers can gain consultation from an expert, called a budtender, select, and purchase cannabis. Dispensaries help patients and consumers avoid the illicit market.

**Edibles:** Food that has been infused with cannabis. Edibles typically feature a significantly longer onset time than smoking or vaporizing, typically requiring 45 minutes to an hour.

**Flowers:** The “bud” section of the cannabis plant that matures at the end of the “flower” stage of cultivation.





**Hemp:** The non-psychoactive variety of cannabis that contains little or no THC. By legal definition in the United States and Canada, hemp may contain no more than 0.3 percent THC.

**Hybrid:** A cannabis plant is a cross between indica and sativa, not two different strains. Typically, the options are Indica, Sativa, Hybrid.

**Hydroponics:** A cultivation system commonly employed in cannabis gardens that involves the use of plant roots suspended in a liquid solution of water and nutrients. No soil is used in hydroponics.

**Phenotype:** A specific genetic iteration of a cross between two parent strains, usually identified and cloned for its desirable characteristics.

**Pre-roll:** A “joint” that is sold by dispensaries. Pre-rolled joints can be convenient because they can be consumed without the use of paraphernalia (pipes, bongs, and other smoking devices).

**Strain:** A specific variety of a cannabis plant that falls within a particular species, such as sativa or indica. Strains deliver a particular cannabinoid profile, meaning each offer a unique mix of cannabinoids such as THC, CBD, and CBG.

**THC:** Tetrahydrocannabinol is the most common and cited cannabinoid available in marijuana. Also referred to as Delta-9-tetrahydrocannabinol. THC is one of the only cannabinoids to provide a “high”.

**Tincture:** A liquid form of cannabis extracts typically produced using alcohol or glycerol that is most commonly administered via use of an eyedropper under the tongue.

**Terpenes:** Terpenes are natural chemicals found in many plants, including cannabis. They contribute to how plants taste or smell, and they can also affect your body when you consume them.

**Topical:** A cannabis extract involving the infusion of cannabinoids in a lotion or cream intended to be applied to the skin.

**Vaporizer:** A device used to consume marijuana via inhalation. Vaporizers pass a stream of hot air across a sample of cannabis, which vaporizes desirable compounds like cannabinoids and terpenes, but leaves the rest of the material behind.





# WRAPPING IT UP

Thanks for taking the time to go through this guide. Whether you're exploring cannabis for the first time or just brushing up, we hope you feel more informed about:

- The different types of cannabis products and how they're used
- How to start low and go slow for a safer experience
- The difference between regulated, tested products and unregulated ones
- Common cannabis terms that help you understand what you're buying

Remember:

- Buy from licensed Ohio dispensaries. It keeps you safer and supports local communities.
- Check labels, THC symbols, and the DCC seal so you know exactly what you're getting.
- Be patient with effects, you can always take more, but you can't take less.

Stay safe, stay informed, and make choices that work best for you.



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