



INTAKE METHOD

	Onset Time & Duration	
Inhalation	1-5 mins	2-4 hours
Ingestion	30min-2hrs	6-12 hrs
Absorption	5-30 mins	1-4 hrs

PLANT PROFILE

Full Spectrum	100+ compounds (mostly THC)
Broad Spectrum	100+ compounds (mostly CBD)
Isolate/Distillate	A single compound

SPECIES

Sativa	Energy & Focus
Indica	Calm & Relaxing
Hybrid	Balanced Experience

CANNABINOID PROFILE

THC (*Tetrahydrocannabinol*)

May Help With: pain relief, increasing appetite, relaxation, euphoria, & sleep.

Possible Side Effects: psychoactive effects, impairment, elevated heart rate, paranoia or anxiety, red eyes, dehydration, dizziness, disorientation, & drug interactions.

CBD (*Cannabidiol*)

May Help With: pain relief, inflammation, mental calm, anxiousness, appetite control, & overall wellbeing.

Possible Side Effects: interactions with medications, feeling light-headed when standing up, reduced appetite, feeling sleepy or having trouble sleeping, dry mouth.

CBG (*Cannabigerol*) Non-Impairing. Used for pain, sleep, appetite.

CBN (*Cannabinol*) Mildly to non-impairing. Useful for pain & sleep.

THCV (*Tetrahydrocannabivarin*) Causes impairment. Very strong & energizing.

CBC (*Cannabichromene*) Non-Impairing. Elevates mood, improves focus.

TERPENE PROFILE

- Myrcene:** Sedating, Relaxing
- Humulene:** Suppress appetite
- Pinene:** Enhances focus, energizing
- Ocimene:** Uplifting stimulant
- Terpinolene:** Mildly sedative
- Limonene:** Euphoric & energizing
- Linalool:** Calming and sedating
- Beta-Caryophyllene:** Relaxing, improves mood

POTENCY

Low	0 - 10
Moderate	10 - 20
High	20 - 30
Concentrated	30 +

The Cannabis Guide

www.itsaplant.ca



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