



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	THC + 100+
Broad Spectrum	CBD + 100+
Isolate/Distillate	Single Compound

SPECIES

Sativa	Energy & Focus
Indica	Calm & Relaxing
Hybrid	Balanced

CANNABINOIDS

THC

Causes Impairment. Useful for pain, sore muscles, relaxation, euphoria, sleep, headaches, harm reduction, & elevation.

CBD

Does not cause impairment. Useful for pain, inflammation, anxiety, appetite suppression, neuroprotective, overall wellbeing.

CBG

Non-Impairing. Used for pain, sleep, appetite.

CBN

Mildly to non-impairing. Useful for pain & sleep.

THCV

Causes impairment. Used for energy & stress.

TERPENES

Myrcene: Sleep, pain relief, anti-inflammatory
Humulene: Suppress appetite & pain
Pinene: Uplifting and can help with focus
Ocimene: Uplifting effects. An anti-bacterial
Terpinolene: Sedating, pain, anti-inflammatory
Limonene: Euphoric effects. Helpful anti-depressant
Linalool: Calming and sedating
Beta-Caryophyllene: Reduces anxiety, relieves pain

POTENCY

Low.....	0 - 10
Moderate.....	10 - 20
High.....	20 - 30
Concentrate....	over 30