



Cannabis Consumer Guide





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Welcome to Ignited Culture!

We're committed to providing you with a safe and informative experience.

Please take a moment to review this guide to ensure you have all the necessary information for responsible and informed cannabis use.



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Selection of Cannabis

Understanding the different strains of cannabis and related plants can help you select the product that best meets your needs. Here are the primary types of strains and their typical effects:

- 1. Indica Strains:** cannabis plants that are typically shorter and bushier with broad leaves. Known for their calming and relaxing effects, indica strains are often used to relieve stress, anxiety, and insomnia. They can produce a body high that may make you feel sedated or sleepy.
- 2. Sativa Strains:** cannabis plants that are taller with narrow leaves. Sativa strains are associated with uplifting and energizing effects. They can enhance creativity, focus, and sociability, making them suitable for daytime use.
- 3. Hybrid Strains:** crossbreeds of indica and sativa plants, aiming to combine the best characteristics of both. The effects of hybrid strains can vary widely depending on the balance of indica and sativa genetics. They can provide a mix of relaxation and euphoria and are tailored to produce specific effects.
- 4. Hemp (CBD) Plant:** a variety of the Cannabis sativa plant species grown specifically for industrial uses of its derived products, including cannabidiol (CBD). Hemp plants contain 0.3% or less of THC (the psychoactive compound in cannabis). Hemp-derived CBD products are non-intoxicating and are often used for their potential therapeutic benefits, such as pain relief, reduction of inflammation, anxiety management, and support for overall wellness. CBD products from hemp are popular among users who want the benefits of cannabinoids without the psychoactive effects of THC.



Understanding THC and CBD

THC (Tetrahydrocannabinol)

THC, or tetrahydrocannabinol, is the primary psychoactive compound found in cannabis. It is responsible for the “high” or euphoric feeling that is commonly associated with cannabis use. THC can produce a range of effects, including relaxation, euphoria, altered sensory perception, increased appetite, and pain relief. However, it can also cause anxiety, paranoia, and impaired memory and coordination in some users.

CBD (Cannabidiol)

CBD, or cannabidiol, is a non-psychoactive compound found in cannabis and hemp plants. Unlike THC, CBD does not produce a “high” and is known for its potential therapeutic benefits. CBD is commonly used to alleviate pain, reduce inflammation, manage anxiety, and support overall wellness. It is often chosen by users seeking the medicinal benefits of cannabis without the intoxicating effects of THC.

THC-Dominant

THC-dominant products contain high levels of THC and low levels of CBD. These products are typically sought after for their strong psychoactive effects. Users of THC-dominant products may experience euphoria, relaxation, increased sensory perception, and appetite stimulation. They are often used for recreational purposes or for conditions where strong psychoactive effects are desired, such as chronic pain or insomnia.

CBD-Dominant

CBD-dominant products contain high levels of CBD and minimal levels of THC. These products are ideal for users who want the therapeutic benefits of cannabis without the psychoactive effects. CBD-dominant products are known for their calming and anti-inflammatory properties. They are often used to manage anxiety, reduce pain and inflammation, and promote overall well-being without causing a high.

Balanced THC/CBD

Balanced THC/CBD products contain roughly equal amounts of THC and CBD. These products aim to provide a balanced experience, combining the therapeutic benefits of both cannabinoids. Users of balanced THC/CBD products may experience mild psychoactive effects along with the therapeutic benefits of CBD. This balance can help

mitigate the potential anxiety or paranoia that some users experience with THC alone, while still providing relief from pain, inflammation, and other conditions.

Understanding the differences between THC and CBD, as well as the varying ratios of these cannabinoids in products, can help you choose the right cannabis product for your needs.

Understanding THC Percentage in Flower Strains

Consider your experience level with cannabis, as some strains can be much more potent than others. It's also important to take into account the THC and CBD content; THC-dominant strains are ideal for those wanting a stronger psychoactive experience, while CBD-dominant or balanced strains are better for therapeutic benefits without intense intoxication. Additionally, consider the terpene profile of the strain, which can influence the aroma, flavor, and specific effects.

The THC (tetrahydrocannabinol) percentage in cannabis flower strains indicates the concentration of THC in the product. This percentage reflects the potency of the strain and is an essential factor to consider, especially for beginners.

1. THC Percentage Explanation:

Low THC (below 10%): These strains are typically less potent and are a good choice for beginners or those who prefer milder effects. They offer a gentle introduction to cannabis and can help avoid overwhelming psychoactive experiences.

Moderate THC (10-20%): Strains in this range provide a balanced effect and are suitable for users who have some experience with cannabis. They offer a good mix of therapeutic benefits and enjoyable psychoactive effects.

High THC (above 20%): High-THC strains are very potent and are generally recommended for experienced users or those with a high tolerance. They can produce intense effects and are often used for severe pain relief or other specific medical conditions.

2. Things for Beginners to Keep in Mind:

Start Low and Go Slow: Begin with a low-THC strain and a small amount. This helps you gauge your tolerance and the effects without overwhelming yourself.

Understand Your Goals: Determine what you want to achieve with cannabis use. Whether it's relaxation, pain relief, or creativity, different THC levels and strains will cater to different needs.

Be Mindful of Potency: High-THC strains can cause strong psychoactive effects, including anxiety, paranoia, and impaired coordination. Starting with a lower THC percentage can help you avoid these adverse effects.

Check the CBD Ratio: Some strains have higher CBD content, which can counteract the psychoactive effects of THC. A balanced THC/CBD strain can provide therapeutic benefits with a more manageable high.

Consult with Professionals: Talk to knowledgeable dispensary staff who can recommend suitable strains based on your experience level and desired effects. They can guide you in selecting a strain with an appropriate THC percentage.

Be Aware of Method of Consumption: The way you consume cannabis can affect how THC impacts you. Smoking or vaping provides immediate effects, while edibles take longer to kick in but can be more potent and last longer.

By keeping these considerations in mind, beginners can have a more enjoyable and controlled experience with cannabis flower strains. Always start with a low dose and gradually increase as you become more familiar with how THC affects you.

Understanding Terpenes

Terpenes are aromatic compounds found in various plants, including cannabis, that contribute to their distinct flavors and aromas. In cannabis, terpenes not only influence its scent but also play a significant role in its effects and therapeutic properties. These compounds interact synergistically with cannabinoids like THC and CBD, enhancing or modulating their effects through what is known as the entourage effect. Each terpene has unique characteristics that can contribute to different physical and psychological outcomes when consumed. Understanding terpenes can help consumers choose cannabis strains that align with their desired effects and preference.

Understanding the specific terpenes present in different cannabis strains can help consumers predict the effects they may experience and choose strains that align with their desired outcomes. Each terpene offers unique benefits beyond aroma and taste, contributing to the overall therapeutic potential of cannabis products.



Here are some common terpenes found in cannabis, along with their uses, properties, tastes, and where else they can be found:

1. Myrcene

- **Uses:** Sedative, muscle relaxant, anti-inflammatory.
- **Properties:** Earthy, musky, herbal.
- **Found In:** Mango, lemongrass, hops.

2. Limonene

- **Uses:** Elevates mood, relieves stress, anti-anxiety, anti-depressant.
- **Properties:** Citrusy, lemon, orange.
- **Found In:** Citrus fruits (lemons, oranges), juniper, peppermint.

3. Pinene

- **Uses:** Bronchodilator (helps with asthma), anti-inflammatory, improves focus.
- **Properties:** Pine, earthy, woody.
- **Found In:** Pine trees, rosemary, basil.

4. Linalool

- **Uses:** Relaxant, anti-anxiety, anti-epileptic, sedative.
- **Properties:** Floral, lavender, citrus.
- **Found In:** Lavender, mint, cinnamon.

5. Humulene

- **Uses:** Anti-inflammatory, appetite suppressant.
- **Properties:** Woody, earthy, herbal.
- **Found In:** Hops, coriander, cloves.

6. Caryophyllene

- **Uses:** Anti-inflammatory, pain relief, gastroprotective.
- **Properties:** Spicy, peppery, herbal.
- **Found In:** Black pepper, cloves, cinnamon.

7. Terpinolene

- **Uses:** Sedative, antioxidant, anti-cancer properties.
- **Properties:** Floral, herbal, pine.
- **Found In:** Apples, lilacs, nutmeg.

Forms and Administration of Cannabis

Cannabis can be consumed in various forms, each offering different methods of administration and effects. Here are some common forms and tips on how beginners can use them:

Flower

The dried and cured buds of the cannabis plant that are typically smoked or vaporized. With an onset time of immediately to a few minutes when inhaled, the duration of effects last 1-3 hours.

How to Use for Beginners:

- **Start with a Small Amount:** If smoking or vaping, begin with one or two small puffs. This allows you to gauge the effects without consuming too much.
- **Choose a Low-THC Strain:** Select a strain with lower THC content to avoid overwhelming psychoactive effects.
- **Use a Vaporizer:** Vaporizing can be gentler on the lungs compared to smoking and can provide a smoother experience.



Edibles

Edibles are cannabis-infused food and beverages, such as gummies, brownies, and drinks. They offer a discreet and enjoyable way to consume cannabis, but it's important to understand dosing and onset times to have a positive experience. Onset time can take 30 minutes to 2 hours due to digestion and metabolism with effects that can last 4-8 hours, with some residual effects lasting longer.

How to Use for Beginners:

- **Start with a Low Dose:** It's recommended to begin with a small dose, typically 2.5-5 mg of THC, especially if you are new to edibles. This allows you to gauge your sensitivity to THC and avoid overwhelming effects.
 - **1-5 mg THC:** Beginners should start with 1-5 mg of THC per serving. This tier is ideal for those seeking mild relaxation or relief without intense psychoactive effects.
 - **5-10 mg THC:** Provides a moderate dose suitable for users with some tolerance. Effects can range from mild to moderate relaxation and pain relief.
 - **10-20 mg THC:** Offers stronger effects for users with higher tolerance or seeking more pronounced therapeutic benefits. Expect moderate to strong psychoactive effects.
 - **20-50 mg THC:** Recommended for experienced users needing potent effects. This tier can induce strong psychoactive effects and significant pain relief.
 - **50-100 mg THC:** Very potent and should be approached with caution, typically used by experienced users needing high levels of pain relief or other therapeutic benefits.
- **Be Patient:** Edibles take longer to take effect compared to smoking or vaping. Resist the urge to consume more if you don't feel the effects immediately after consumption. Wait at least 1-2 hours before considering additional doses to avoid overconsumption.
- **Read Labels Carefully:** Pay attention to the THC content per serving indicated on the packaging. This helps you understand the potency of each edible and ensures you consume an appropriate dose for your tolerance level.

Tinctures

Alcohol-based cannabis extracts that are consumed sublingually (under the tongue) or added to food and drinks. Onset time can take 15-45 minutes when taken sublingually; longer if ingested. Effect can typically last 2-4 hours.

How to Use for Beginners:

- **Start with a Low Dose:** Use a small amount, typically a few drops, and place it under your tongue for faster absorption.
- **Measure Carefully:** Tinctures often come with a dropper, allowing for precise dosing. Begin with the lowest recommended dose.
- **Monitor Effects:** Wait at least 30 minutes to assess the effects before deciding to take more.

Concentrates

Highly potent extracts of cannabis, such as shatter, wax, and oils, used for dabbing or vaporizing. Effects can happen almost immediately to a few minutes and last 1-3 hours, depending on potency and individual tolerance.

How to Use for Beginners:

- **Avoid Until Experienced:** Due to their high potency, concentrates are generally not recommended for beginners.
- **Use a Tiny Amount:** If you decide to try concentrates, use a very small amount to start
- **Consult with Experts:** Seek advice from experienced users or dispensary staff to understand how to use concentrates safely.



Topicals

Cannabis-infused creams, lotions, and balms applied directly to the skin and can take effect in 15-30 minutes. Localized effects can last several hours, depending on the product and application area.

How to Use for Beginners:

- **Apply to Affected Area:** Use topicals directly on the area where you want relief, such as sore muscles or joints.
- **Start with a Small Amount:** Begin with a small application to see how your skin reacts and to gauge the effectiveness.
- **Non-Psychoactive:** Topicals do not produce a high, making them a good option for those seeking localized relief without psychoactive effects.



Understanding these different forms and how to use them can help beginners make informed decisions about which cannabis products are right for them. If you have any questions, please ask our knowledgeable staff for recommendations and guidance.

Tracking Strains and Effects

Tracking Materials: We provide materials to help you track the strains you use and their associated effects. Use these tools to find what works best for you and to monitor any adverse reactions.

Cannabis Use Tracking Chart for Beginners

Keeping track of your cannabis use can help you understand how different products, strains, methods, and dosages affect you. Use this chart to record your experiences.

Tips for Using the Chart:

- **Date:** Record the date you used the cannabis product.
- **Product:** Note the type of product (flower, edibles, tincture, topical, concentrate).
- **Strain Name:** Write down the strain name if known (e.g., Blue Dream, Sour Diesel).
- **Method:** Indicate how you consumed the cannabis (e.g., smoking, edibles, sublingual, topicals, vaporizing).
- **Dosage:** Record the amount used (e.g., 1 puff, 5 mg, 0.5 ml, 1 pump, 1 dab).
- **Onset Time:** Note how long it took to feel the effects after consumption.
- **Effects:** Describe the immediate effects you experienced (e.g., relaxation, anxiety, pain relief).
- **Duration of Effects:** Indicate how long the effects lasted.
- **Results:** Summarize the overall results, including any benefits or negative experiences (e.g., good mood, pain relief, no relief, too strong).

By keeping a detailed record, you can better understand how different cannabis products and methods work for you and adjust your choices accordingly. If you have any questions or need assistance, our staff is always available to help.

DATE	PRODUCT	STRAIN NAME	METHOD	DOSAGE	ONSET TIME	EFFECTS	DURATION OF EFFECT	RESULTS
MM/DD/YY	example: Flower; topical	example: Blue Dream, Sour Diesel	example: Smoking, edibles	example: 1 puff, 5 mg	example: 5 minutes, 10 minutes	example: Relaxation, Creativity	example: 2 hours, 4 hours	example: Good mood, less pain

Important Warnings and Regulations for Cannabis

When using cannabis, it is essential to be aware of important warnings and adhere to regulations to ensure a safe and legal experience. Here are key considerations:

- **FDA Approval and Health Risks:** Cannabis has not been analyzed or approved by the FDA for medical use. Limited research exists on its potential side effects and health risks. It should be kept away from children and pets due to the risk of accidental ingestion.
- **Driving and Operating Machinery:** It is illegal to drive under the influence of cannabis in Massachusetts (M.G.L. c. 90, § 24). Operating machinery while under the influence of cannabis can impair judgment and coordination, posing serious safety risks.
- **Alcohol and Cannabis:** Combining alcohol with cannabis can intensify impairment effects, impair judgment, and increase the risk of accidents. Avoid mixing substances to prevent unpredictable and potentially dangerous outcomes.
- **Consumption Around Children:** Keep cannabis products securely stored and out of reach of children. Children are especially vulnerable to the effects of THC, and accidental ingestion can lead to severe intoxication and medical emergencies.
- **Pets and Cannabis:** Cannabis products, especially edibles, can be toxic to pets. Keep products stored securely to prevent accidental ingestion by pets. If ingestion occurs, seek veterinary care immediately.
- **Selection of Cannabis Products:** Understand the differing effects of various strains (indica, sativa, hybrid) and forms (flower, edibles, concentrates) of cannabis. Each product type and strain may affect individuals differently, so choose products that align with your desired effects and tolerance level.
- **Tracking and Documentation:** Dispensaries may offer materials to help consumers track the strains used and their associated effects. Keeping records can assist in identifying what works best for you and ensuring consistency in consumption.

- **Dosage and Potency:** Proper dosage and titration are crucial, especially for beginners. Start with the smallest effective dose to achieve the desired effects and understand how potency influences your experience. Higher THC content can lead to stronger psychoactive effects.
- **Tolerance, Dependence, and Withdrawal:** Tolerance, dependence, and withdrawal are key aspects of Cannabis Use Disorder. Tolerance occurs when an individual needs increasingly larger amounts of cannabis to achieve the same psychoactive effects, leading to escalated use over time. Dependence develops as the brain adapts to regular cannabis exposure, resulting in a physical or psychological reliance on the substance. When dependent users reduce or stop their intake, they may experience withdrawal symptoms, which can include irritability, anxiety, sleep disturbances, appetite changes, and cravings, making cessation challenging. Seek guidance if experiencing difficulty managing use.
- **Substance Use Disorder and Treatment:** Learn to recognize signs of substance use disorder (SUD) and seek treatment if needed. Referral information for substance use disorder treatment programs, including the Massachusetts Substance Use Helpline (1-800-327-5050), should be readily available.
- **Legal Considerations:** It is illegal to sell cannabis to others or possess/distribute cannabis in violation of Massachusetts law. Understand the penalties associated with unlawful possession or distribution, and ensure compliance with local regulations.
- **Consultation and Education:** Consult with our knowledgeable dispensary staff or healthcare professionals to address any concerns and receive personalized recommendations based on your health status and goals.

Adhering to these warnings and regulations ensures a responsible approach to using cannabis, promoting both personal safety and legal compliance. Stay informed and prioritize your well-being when incorporating cannabis into your lifestyle.

Substance Use Disorder

Substance Use Disorder (SUD) for cannabis, also known as Cannabis Use Disorder (CUD), involves a problematic pattern of cannabis use leading to significant impairment or distress. The signs and symptoms can vary in severity, but some common indicators include:

Behavioral Signs:

- **Using More Than Intended:** Frequently using larger amounts of cannabis than planned or for a longer period than intended.
- **Unsuccessful Attempts to Quit:** Repeatedly trying to cut down or quit cannabis use but being unable to do so.
- **Time Spent:** Spending a lot of time obtaining, using, or recovering from the effects of cannabis.
- **Neglecting Responsibilities:** Failing to fulfill obligations at work, school, or home due to cannabis use.
- **Social or Interpersonal Problems:** Continuing to use cannabis despite having persistent or recurrent social or interpersonal problems caused or exacerbated by its effects.

Physical and Psychological Signs:

- **Tolerance:** Needing more cannabis to achieve the desired effect or noticing a diminished effect with continued use of the same amount.
- **Withdrawal Symptoms:** Experiencing withdrawal symptoms such as irritability, mood changes, sleep difficulties, decreased appetite, cravings, restlessness, and physical discomfort when not using cannabis.
- **Physical Health Issues:** Respiratory problems, persistent cough, or other health issues related to cannabis smoking or consumption.

Impact on Daily Life:

- **Reduction of Activities** Giving up or reducing important social, occupational, or recreational activities due to cannabis use.

- **Use in Hazardous Situations:** Using cannabis in situations where it is physically hazardous, such as driving or operating machinery.
- **Continued Use Despite Problems:** Continuing to use cannabis despite knowing it is causing or worsening physical or psychological problems.

Emotional and Cognitive Changes:

- **Mood Swings:** Experiencing mood swings, irritability, anxiety, or depression associated with cannabis use.
- **Cognitive Impairment:** Noticing memory issues, difficulty concentrating, or other cognitive impairments.

Cravings and Obsession:

- **Strong Urges:** Having strong urges or cravings to use cannabis
- **Preoccupation:** Being preoccupied with thoughts of using cannabis or obtaining it.

If you or someone you know is experiencing these signs, it might be helpful to seek professional help from a healthcare provider, therapist, or addiction specialist. Early intervention can significantly improve outcomes and provide the necessary support for recovery.

Prohibition on Selling Cannabis

- **No Resale:** Consumers are not permitted to sell cannabis to any other individual. Selling cannabis without a license is illegal and punishable by law.

Legal Penalties

- **Penalties:** Be informed about the penalties for possession or distribution of cannabis in violation of Massachusetts law. Unlawful possession, distribution, or cultivation of cannabis can result in fines, imprisonment, and other legal consequences.

- **Crossing State Lines:** While several states have legalized cannabis, it's still illegal under federal law to transport across state lines (driving or flying) – even from legal state to legal state – and could result in federal criminal prosecution.

Additional Information

- **Regulatory Requirements:** Stay updated with any additional information required by the Massachusetts Cannabis Control Commission. Visit their website or ask our staff for more details.
- **FDA Disclaimer:** Cannabis has not been analyzed or approved by the Food and Drug Administration (FDA). The FDA has not evaluated its safety, effectiveness, or quality.
- **Health Risks:** There is limited information on the side effects of cannabis. Potential health risks may include respiratory issues, mental health effects, and impaired cognitive functions. Use with caution.
- **Child Safety:** Always keep cannabis and cannabis products out of reach of children to prevent accidental ingestion or exposure.
- **Cannabis and Pregnancy:** Using cannabis during pregnancy can harm the developing fetus. Do not use cannabis while breastfeeding.

Operating Vehicles and Machinery

- **Driving Prohibition:** Under Massachusetts General Law (M.G.L. c. 90, § 24), driving while under the influence of cannabis is illegal and strictly prohibited.
- **Machinery Warning:** Do not operate heavy machinery or engage in activities requiring full alertness while under the influence of cannabis.



Be Part of the Culture



Join the Culture Club, the Ignited Culture loyalty program, where you can earn rewards and be the first to hear about new products, special events, discounts, **and more.**

Sign up today at www.ignitedculture.com



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