



# **MISSISSIPPI**

## **MEDICAL MARIJUANA**

## **PATIENT GUIDE**

# Welcome to the Fourth Edition of the Mississippi Medical Marijuana Patient Guide

This edition includes updated information on the medical benefits of marijuana along with hundreds of dollars in product savings.

- ✓ **Dispensaries offering new patients their first unit for one penny**
- ✓ How cannabis helps with each approved medical condition
- ✓ Strain encyclopedia with Indica/Sativa ratios
- ✓ Terpene directory
- ✓ Guide to cannabis concentrates

## Applying for a Medical Marijuana Card

Mississippi's Medical Cannabis Program allows residents with qualifying medical conditions to legally access medical marijuana through licensed dispensaries.

### Check eligibility

- Be a Mississippi resident and 18 or older
- Have at least one qualifying medical condition

### Schedule a visit with an approved prescriber

- Physicians, PAs, nurse practitioners, or optometrists registered in the MMCP can issue certification
- The initial visit must be in person, telehealth allowed afterwards
- Bring documentation about your qualifying condition
- If eligible, the prescriber submits the certification to MDH
- Certification is valid for up to 6 months and covers your MMCP registration for one year

### Submit your application

- Upload your certification, photo ID, and required documents at [mmcp.ms.gov](https://mmcp.ms.gov)
- Pay the \$25 fee + tax (\$15 for Medicaid recipients and waived for disabled veterans and first responders)

### Approval & card issuance

- Application is typically processed in 3 to 10 days
- If approved, your card arrives in 10 days, and an email with a digital card within a couple of days

## **Renewal & follow-up**

- Certification lasts one year, but you must have a 6-month follow-up with any certified prescriber to review your treatment.
- After your initial certification, the renewal fee is \$25 + tax.

## **Qualifying Medical Conditions**

The Medical Cannabis Program helps Mississippi residents access medical marijuana under a safe, regulated system. Applicants must first be diagnosed with one or more qualifying conditions that the state has determined could be helped by medical marijuana.

### **ALS (Lou Gehrig's Disease)**

- ✓ THC and CBD help reduce muscle stiffness, spasms, and pain
- ✓ CBD, CBG, and THC have neuroprotective properties, slowing the degeneration of motor neurons

### **Alzheimer's Disease**

- ✓ CBD and THC reduce beta-amyloid plaque buildup which is associated with Alzheimer's progression
- ✓ Promotes relaxation and mood stabilization to help with restlessness and agitation

### **Autism**

- ✓ CBD and limonene-rich strains help ease overstimulation
- ✓ CBD, THC, and CBG interact with neurotransmitters to reduce mood swings and irritability

### **Cachexia (Wasting Syndrome)**

- ✓ Promotes increased appetite
- ✓ CBD, THC, and CBG help reduce nausea and improve gut function

### **Cancer**

- ✓ THC helps reduce chemotherapy-induced nausea and vomiting, stimulates appetite
- ✓ CBD helps manage anxiety, inflammation, and pain

### **Chronic Pain**

- ✓ Decreases inflammation and helps with arthritis, neuropathy, and autoimmune pain
- ✓ THC and CBD help reduce muscle spasms and tension

### **Chronic Pain Despite Opiate/Pain Medication**

- ✓ THC and CBD boost pain relief allowing for reduced opioid dosage
- ✓ CBD, CBG, and CBC decrease inflammation and nerve-related pain, which opioids may not fully address

### **Crohn's Disease & Ulcerative Colitis**

- ✓ CBD and THC interact with the endocannabinoid system to reduce gut inflammation
- ✓ Relieves abdominal pain, muscle cramping, and gastrointestinal discomfort
- ✓ THC stimulates appetite and reduces nausea

### **Dementia-Related Agitation**

- ✓ CBD and linalool-rich strains reduce stress and agitation
- ✓ CBD and CBG help lower brain inflammation, which may contribute to behavioral issues

### **Diabetic/Peripheral Neuropathy**

- ✓ THC, CBD, and CBG reduce inflammation
- ✓ CBD and CBG help slow nerve damage
- ✓ Myrcene, CBN, and linalool promote relaxation and help manage nighttime pain

### **Glaucoma**

- ✓ THC temporarily lowers intraocular pressure which helps slow optic nerve damage
- ✓ CBD and CBG prevent further damage to the optic nerve and reduce oxidative stress
- ✓ Helps reduce ocular inflammation

### **Hepatitis**

- ✓ CBD and CBG reduce liver inflammation
- ✓ THC reduces nausea and improves appetite

### **HIV/AIDS**

- ✓ THC and CBD reduce nerve pain and inflammation
- ✓ Reduces nausea and vomiting which improves adherence to medications

### **Huntington's Disease**

- ✓ THC helps regulate motor functions, reducing involuntary movements and muscle stiffness
- ✓ CBD and CBG slow the progression of neurodegeneration

- ✓ THC and CBC reduce neuroinflammation which is linked to the worsening of Huntington's symptoms

### **Multiple Sclerosis (MS)**

- ✓ THC and CBD help relax muscles, reducing spasticity and involuntary movements
- ✓ THC, CBD, and CBG reduce nerve pain and inflammation

### **Muscular Dystrophy**

- ✓ Helps relieve chronic pain and reduce muscle tightness
- ✓ CBD has anti-inflammatory properties that help reduce inflammation

### **Parkinson's Disease**

- ✓ THC and CBD relax muscles and help reduce involuntary movements
- ✓ CBD, CBG, and THCV have neuroprotective properties that may slow disease progression

### **PTSD**

- ✓ CBD and THC lower overactive fear responses and anxiety
- ✓ CBD and CBG balance serotonin and dopamine levels, helping with depression and mood swings

### **Seizures**

- ✓ CBD and THCV help regulate brain function by reducing overactive nerve signaling
- ✓ Helps balance neurotransmitter activity, helping to prevent seizure onset

### **Severe or Intractable Nausea**

- ✓ THC helps reduce nausea and prevent vomiting
- ✓ Linalool, limonene, and CBD help calm the nervous system

### **Sickle Cell Anemia**

- ✓ THC and CBD provide relief from chronic and acute pain
- ✓ CBD and CBG help reduce vascular inflammation and improve circulation

### **Spastic Quadriplegia**

- ✓ THC reduces muscle spasticity providing relief from the muscle contractions
- ✓ Both THC and CBD reduce the frequency and severity of seizures

## Spinal Cord Disease or Severe Injury

- ✓ THC, CBD, and CBG work to block pain signals and reduce inflammation
- ✓ THC and myrcene-rich strains help relax muscles and prevent contractions
- ✓ Supports better sleep, reduces anxiety, and combats depression

## Cannabis, Marijuana and Hemp

New patients are often confused about the meaning of hemp, marijuana, and cannabis. Marijuana and hemp are two varieties of the cannabis plant, but they differ in their chemical composition, usage, and legal status. The primary difference is in their levels of THC, the psychoactive compound in cannabis that causes a “high.”

Cannabis that is called “marijuana” contains over 0.3% of THC, making it primarily used for recreational and medicinal purposes. Cannabis called “hemp” contains less than 0.3% THC by dry weight, which is a level too low to produce any intoxicating effects. Hemp is cultivated for its fibers, seeds, and cannabidiol (CBD), which is a non-intoxicating compound with many therapeutic uses. These are the only differences between “hemp” and “marijuana,” and both are simply different types of the cannabis plant.

## The Endocannabinoid System

The endocannabinoid system (ECS) is a cell-signaling network that helps maintain internal balance, or homeostasis. Discovered in the early 1990s, it consists of endocannabinoids (naturally occurring molecules similar to cannabis compounds), receptors that these molecules bind to, and enzymes that break them down. The ECS helps regulate a wide range of physiological processes including mood, appetite, pain sensation, inflammation, memory, and immune response.

Cannabis is closely related to the endocannabinoid system because it contains phytocannabinoids which are plant-based compounds that interact directly with the ECS. These compounds mimic the body’s naturally occurring endocannabinoids and influence the same receptors, which is why cannabis can have such a wide range of effects on mood, pain, appetite, and more.



## Cannabinoids

Cannabinoids determine the way cannabis affects us by interacting with the endocannabinoid system. Besides THC, the four other most well-known cannabinoids are CBD, CBG, and CBN.

CBD, cannabidiol, is non-psychoactive and helps reduce anxiety, alleviate chronic pain, support better sleep, and decrease inflammation.

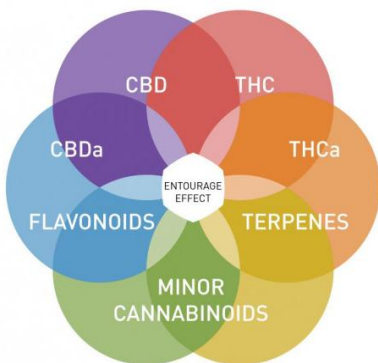
CBG, cannabigerol, is called the “mother of all cannabinoids” because other cannabinoids like CBD and THC are derived from its acidic form. CBG interacts with both CB1 and CB2 receptors in the body’s endocannabinoid system, which helps regulate mood, appetite, inflammation, and pain.

CBN, cannabinol, is used for its sedative effects, making it a popular ingredient in sleep aids and nighttime wellness products. In addition to promoting rest, CBN has benefits such as pain relief, anti-inflammatory support, and antibacterial properties.

CBC, cannabichromene, is non-psychoactive. CBC interacts with TRPV1 and TRPA1 receptors (involved in pain perception and inflammation), and adenosine and serotonin systems (linked to mood and neuroprotection). CBC may boost levels of natural endocannabinoids like anandamide, which supports mood, appetite, and pain regulation.

## The Entourage Effect

The entourage effect explains how cannabinoids, terpenes, and other plant parts work together to produce more enhanced effects than just a single, isolated compound.



Terpenes modify the effects of cannabinoids. For example, some terpenes may reduce anxiety or increase relaxation, complementing the effects of cannabinoids like CBD. The entourage effect also explains why full-spectrum or whole-plant cannabis extracts have more diverse and potent therapeutic benefits compared to isolated compounds like pure CBD or THC.

Some components of cannabis counteract the adverse effects of others. For instance, CBD can mitigate the anxiety-inducing effects of THC, making the overall experience more balanced. Interactions between cannabinoids, terpenes, and other compounds vary depending on the strain and plant genetics.

## Cannabis Strains

Each type of cannabis has its own unique characteristics including its appearance, aroma, flavor, cannabinoid content, and terpene profile. These result from factors including genetics, cultivation methods, and environmental conditions.

- Sativa strains are known for their energizing, uplifting effects with increased creativity and focus. Indica strains are known for their relaxing and sedative effects.
- Hybrid strains contain both sativa and indica genetics.
- Different strains contain varying levels of cannabinoids and terpenes.
- Cannabis strains have distinct aromas and flavors that range from earthy and skunky, to fruity and citrusy. The terpene profile is a key factor in determining its scent, taste, and effects.
- Strains are usually named by the breeder, and some reflect their appearance, genetics, or effects. These names can vary widely and there is no standardized naming system.



Some strains smell like cheese or diesel - For example, Sour Diesel is pungent and fuel-like, and Blue Cheese is sharp and funky. These natural compounds also influence the strain's effects. Landrace strains are the "Originals" - Strains like Afghani, Thai, and Durban Poison which are pure strains that developed naturally in specific regions.

## Strain Directory

Mississippi growers have introduced a wide variety of cannabis strains tailored to meet patients' diverse needs. With each strain offering its own unique effects, flavors, and therapeutic benefits, understanding the differences is key to finding the right match.

There are around 250 different strains grown by Mississippi growers and the list changes continually. By understanding that you prefer certain strains based on their terpenes and cannabinoids, you can more effectively find similar strains.



**Strain name** - Name given by the grower

**Indica/Sativa Mix** - Percent indica, percent sativa

**Terpenes in order of dominance** - Top three terpenes in order

**Additional Cannabinoids** - Other than THC that average 1% or more

Afghan Kush	100/0	Myrcene	Caryophyllene	Pinene	CBD 6%/CBN 1%
AK-47	35/65	Myrcene	Pinene	Caryophyllene	CBD 1%/CBN 1%
Apples & Bananas	50/50	Myrcene	Pinene	Caryophyllene	
Beaver Cookies	90/10	Caryophyllene	Limonene	Myrcene	
Biscotti	80/20	Caryophyllene	Myrcene	Limonene	
Blockberry	50/50	Myrcene	Pinene	Caryophyllene	
Blue Dream	35/65	Myrcene	Pinene	Caryophyllene	CBD 2%/CBN 1%
Blueberry Banana Sherbert	50/50	Myrcene	Caryophyllene	Limonene	
Blueberry Headband	70/30	Terpinolene	Ocimene	Pinene	
Blueberry Muffin	60/40	Caryophyllene	Myrcene	Limonene	CBD 1%
Bubba Kush	80/20	Caryophyllene	Limonene	Myrcene	
Cake Crasher	70/30	Caryophyllene	Limonene	Humulene	
Cap Junky	50/50	Caryophyllene	Limonene	Linalool	
Cheetah Piss	50/50	Caryophyllene	Limonene	Humulene	
Chem Cookies	70/30	Myrcene	Caryophyllene	Limonene	
Chemdawg	50/50	Caryophyllene	Myrcene	Limonene	
Cherry Pie	80/20	Myrcene	Caryophyllene	Pinene	CBD 1%
Chimera	/50	Limonene	Caryophyllene	Linalool	
Cinderella 99	15/85	Limonene	Caryophyllene	Myrcene	
Coffee Creamer	50/50	Caryophyllene	Limonene	Linalool	
Donkey Kong	30/70	Caryophyllene	Limonene	Humulene	
Dosidos	70/30	Limonene	Caryophyllene	Linalool	
Durban Poison	0/100	Terpinolene	Myrcene	Limonene	CBD 1%/CBN 1%
First Class Funk	60/40	Limonene	Caryophyllene	Pinene	
Gary Payton	50/50	Caryophyllene	Limonene	Linalool	CBD 5%
Gelato	60/40	Caryophyllene	Limonene	Humulene	
Girl Sct Cookie	60/40	Caryophyllene	Myrcene	Limonene	CBD 1%/CBN 1%
Gorilla Glue 4	60/40	Caryophyllene	Myrcene	Limonene	

GMO 80/20 CaryophylleneLimoneneMyrcene  
 Granddaddy Purple 70/30 MyrcenePineneCaryophyllene CBD 1%  
 Haze 20/80 MyrcenePineneCaryophyllene  
 Headband 60/40 CaryophylleneLimoneneMyrcene  
 Ice Cream Cake 75/25 CaryophylleneLimoneneLinalool  
 Jack Herer 55/45 TerpinoleneCaryophyllenePinene CBN 1%  
 Jealousy 60/40 CaryophylleneLimoneneMyrcene  
 Jelly Breath 90/10 CaryophylleneMyrceneLimonene CBD 2%  
 Jet Fuel Gelato 50/50 LimoneneLinaloolHumulene  
 Key Lime Pie 75/25 CaryophylleneLimoneneMyrcene  
 Kombucha MyrceneLimoneneGeraniol  
 Killer Queen CaryophylleneLimoneneMyrcene  
 Kosher Dawg 50/50 MyrceneCaryophylleneLimonene  
 Lemon Haze 30/70 MyrceneCaryophylleneLimonene  
 Lemon Slushie 50/50 LimonenePineneMyrcene  
 Limelight 35/65 MyrceneCaryophyllenePinene  
 Louis XIII 70/30 PineneMyrceneCaryophyllene CBD 1%/CBN 1%  
 MAC 1 50/50 LimonenePineneCaryophyllene  
 Maui Wowie 20/80 MyrcenePineneCaryophyllene  
 Mendo Breath 70/30 CaryophylleneLimoneneMyrcene  
 Mimosa 30/70 MyrcenePineneCaryophyllene  
 Mother's Milk 30/70 LimoneneLinaloolCaryophyllene  
 Motorbreath 70/30 LimoneneCaryophylleneMyrcene  
 Northern Lights 90/10 MyrceneCaryophylleneLimonene  
 OG Kush 55/45 MyrceneLimoneneCaryophyllene CBN 1%  
 Papaya Cake 80/20 LimoneneLinaloolCaryophyllene  
 Pave 50/50 LimoneneMyrceneLinalool  
 Peanut Butter Breath 50/50 LimoneneCaryophyllenePinene  
 Permanent Marker 70/30 MyrceneLimoneneCaryophyllene  
 Pineapple Express 30/70 MyrceneCaryophyllenePinene CBN 1%  
 Pure Michigan 70/30 LimoneneCaryophyllenePinene  
 Purple Haze 15/85 MyrceneCaryophylleneLimonene  
 Purple Kush 100/0 MyrcenePineneCaryophyllene  
 Purple Punch 80/20 CaryophylleneLimonenePinene CBD 1%  
 Raspberry Parfait 20/80 TerpinoleneMyrceneCaryophyllene  
 RS-11 (Rainbow Sherbet-11) 70/30 CaryophylleneLimoneneHumulene  
 Runtz Gelato x Zkittlez 50/50 CaryophylleneLimoneneMyrcene  
 SFV OG 50/50 MyrceneLimoneneCaryophyllene CBD 1%/CBN 1%  
 Skywalker OG /15 MyrceneCaryophylleneLimonene CBD 2%  
 Skunk #1 65/35 MyrceneLimonenePinene CBD 1%/CBN 1%  
 Slizzurp 60/40 MyrceneCaryophylleneLimonene  
 Slurrricane 60/40 CaryophylleneLimoneneMyrcene  
 Sour Diesel 10/90 CaryophylleneMyrceneLimonene CBD 2%/CBN 4%  
 Starfire Chem 30/70 CaryophylleneMyrceneLimonene

Strawberry Cough 20/80 **Myrcene****Pinene****Caryophyllene** CBD 1%  
 Sundae Driver 50/50 **Limonene****Caryophyllene****Myrcene**  
 Super Boof 50/50 **Myrcene****Caryophyllene****Limonene**  
 Swiss Watch 80/20 **Caryophyllene****Limonene****Myrcene**  
 Tangie 30/70 **Myrcene****Terpinolene****Pinene**  
 Trainwreck 20/80 **Terpinolene****Myrcene****Pinene**  
 Triangle Kush 85/15 **Myrcene****Limonene****Caryophyllene** CBD 1%  
 Truffaloha 40/60 **Limonene****Caryophyllene****Myrcene**  
 Wedding Cake 80/20 **Caryophyllene****Limonene****Myrcene**  
 White Truffle 80/20 **Limonene****Humulene****Pinene**  
 White Widow 40/60 **Myrcene****Caryophyllene****Pinene** CBD 1%/CBN 1%  
 Zerealz 50/50 **Limonene****Caryophyllene****Linalool**  
 Zkittlez 70/30 **Limonene****Pinene****Humulene**

## Differences in Vape Cartridges

CO2 full spectrum carts have a natural taste because the terpenes are from the original cannabis plant, and they include the minor cannabinoids that are critical to the entourage effect. Patients often choose full spectrum CO2 extraction if they prefer a more natural experience with inherent cannabinoids and terpenes, and distillate carts for higher potency and customizable flavors.

Most patients are surprised to learn that with distillate carts, the product name is almost never the actual strain used to produce the cart. Supplemental terpenes derived from cannabis and other plants are added to try to mimic different strains or flavors.



## Terpenes



Terpenes are the aromatic compounds found in the essential oils of plants that affect their color, therapeutic effect, and flavor. In cannabis, they are in the **trichomes**, which are the resin-filled bulbous, sticky hairs on the buds.

Terpenes work closely with cannabinoids and flavonoids to produce a unique experience with each strain.

Myrcene is the most common terpene in cannabis and found in strains like Grand Daddy Purple, OG Kush, and Soul Diesel. Strains that contain a myrcene concentration of 0.5% or less produce an energizing effect (sativa), and strains with over 0.5% produce a more sedative effect (indica).

**Myrcene** – Earthy & musky

*Hops, lemongrass, mangoes, carrots*

Anxiety, stress, pain & inflammation

Purple Haze, White Widow, OG Kush, AK-47



**Limonene** – Citrusy & sweet

*Oranges, lemons, limes, mint, apples*

Anxiety, depression, digestion & chronic pain

MAC 1, Dosidos, Pure Michigan, Lemon Slushie



**Pinene** – Piney & woody

*Pine trees, rosemary, dill, parsley*

Respiratory conditions, arthritis & chronic pain

Tropicana Banana, End Game, Louis XIII, Sun Cake



**Caryophyllene** – Peppery, pungent & spicy

*Black pepper, cinnamon, oregano*

Pain, inflammation, anxiety & depression

Donkey Kong, Slurricane, Wedding Cake, Biscotti



**Linalool** – Floral & lavender

*Basil, thyme, rosemary, lavender, rose*

Anxiety, depression, insomnia & pain

Granddaddy Purple, Grape Ape, Bubba Kush



**Humulene** – Earthy & woody

*Hops, coriander, sage, ginger, tomatoes*

Arthritis, obesity, fibromyalgia, IBS & pain

Girl Scout Cookies, Headband, Chemdawg



**Bisabol** – Floral & sweet

*Chamomile, tea trees, basil, ginger*

Eczema, chronic pain, arthritis & fibromyalgia

Harlequin, Gary Mac, Jungle Cake, Moon Glow



**Terpinolene** – Herbal & floral

*Rosemary, dill, lilacs, nutmeg*

Insomnia, panic attacks, depression & pain

Jack Herer, Super Lemon Haze, Durban Poison



## Terpene Groups

Strains that share the same top three dominant terpenes have similar aromas, flavors, and effects. For example, if two strains both have myrcene, limonene, and caryophyllene as their top three terpenes, they are likely to share a “musky, citrus, spicy” aroma profile.

Most cannabis patients prefer strains in the same terpene group, and this information helps you choose new strains that are similar ones you already like. The numbers after the strain name are “Percent Indica/Percent Sativa.”

### CaryophylleneLimoneneMyrcene

Animal Cookies 75/25

Bubba Kush 70/30

Dosilato 70/30

GMO 90/10

Headband 60/40

Jealousy 60/40

Key Lime Pie 75/25

Mendo Breath 70/30

Runtz 50/50

Slurricane 60/40

Wedding Cake 80/20

### CaryophylleneMyrceneLimonene

Biscotti 80/20

Blueberry Muffin 60/40

Chemdog 50/50

Gorilla Glue 4 65/35

Girl Scout Cookies 60/40

Jelly Breath 90/10

Sour Diesel 10/90

### CaryophylleneLimoneneLinalool

Cheeseberry 75/25

Gary Payton 65/35

Ice Cream Cake 75/25

Twin Mintz 20/80

### LimoneneCaryophylleneLinalool

Chimera 50/50

Dosidos 70/30

Gush Mints 70/30

Jokerz 70/30

Kush Mints 50/50

Zerealz 70/30

### LimoneneCaryophylleneMyrcene

Cinderella 99 15/85

Motorbreath 70/30

Punch Breath 70/30

Sundae Driver 50/50

Watermelon Martini 60/40

### LimoneneCaryophyllenePinene

First Class Funk 60/40

Hindu Kush 99/1

Modified Grapes 80/20

Peanut Butter Breath 50/50

Pure Michigan 70/30

Strawberry Cheesecake 70/30

### MyrceneCaryophyllenePinene

Afghan Kush 95/5

Banjo 50/50

Green Crack 35/65

Limelight 35/65

Pineapple Express 30/70

White Widow 50/50

### MyrceneLimoneneCaryophyllene

Blue Cheese 65/35

Dirty Bird 75/25

Godfather OG 60/40

OG Kush 55/45

Permanent Market 70/30  
SFV OG 50/50

MyrcenePineneCaryophyllene

AK-47 35/65

Apples & Bananas 50/50

Blockberry 50/50

Blue Dream 35/65

Citrus Sap 30/70

Granddaddy Purple 70/30

Haze 5/95

Maui Wowie 20/80

Mimosa 30/70

Strawberry Cough 20/80

TerpinoleneMyrceneLimonene

Durban Poison 10/90

Zweet Inzanity 50/50

## Edibles



Edibles include pills, gummies, tinctures, syringes, brownies, cookies - any form of cannabis you ingest - and are an alternative to the harmful effects of inhaling smoke and vaping. With edibles, the THC enters through your digestive tract and is metabolized in your

liver before traveling to the rest of your body. This can take up to an hour to begin and the effects last between six to eight hours.

Cannabis plants produce THCa, which is the raw, non-psychoactive compound in THC. To “activate” it so that it becomes psychoactive, the THC needs to be heated to at least 315 degrees. Edibles contain THC that has already been activated, which is why the effects can be felt without heat.

When ingested, most of the THC is absorbed into your GI tract, some is absorbed in your intestines, and the rest is processed by your liver during “first pass metabolism.” When this happens, a large portion is converted into 11-Hydroxy-THC which is 5X stronger than THC. Most other terpenes and cannabinoids get washed out during this process, so while the effect of THC is strong, the potency of other cannabinoids and terpenes is limited. With smoking and vaping, the effect is more immediate and controllable with predictable results. With edibles, the effect is more intense and often sedative. Edibles may be safer for your lungs, but the risk of overconsumption and delayed effects can make them more challenging for some patients.

## Oral Spray

A new product in Mississippi, cannabis fine mist is sprayed directly into your mouth, usually under your tongue or inside your cheek. This method has fast and efficient absorption through the mucous membranes of your mouth, and effects are felt in less than a minute. Cannabinoids are absorbed directly into your bloodstream through the thin tissues in your mouth. The mist bypasses first-pass metabolism in your liver (unlike edibles), which increases the percentage of THC absorbed by your body. It has predictable dosing and is discreet and easy to use.

## Tinctures



A cannabis tincture is a liquid extract made by infusing cannabinoids like THC or CBD into a solvent, most commonly alcohol or MCT oil. It's designed for sublingual (under the tongue) use but can also be swallowed, added to food, or applied topically in some cases.

Tinctures have a fast onset and high absorption. Simply drop the liquid under your tongue and hold it for a few seconds before swallowing. You can't feel the effects as fast as smoking, but it is faster than edibles.

You can also swallow a few drops or mix into foods or beverages for long-lasting effects.

## Syringes



A syringe is a device filled with concentrated cannabis oil, designed for precise, versatile dosing. You can swallow the oil directly or mix it into food. The onset time is around 30 minutes and the effects last about four hours.

Syringes can also be used sublingually by placing a small amount under your tongue for 1 - 2 minutes before swallowing. This decreases the onset time to around 10 minutes, and more of the product is used by your body.

## Cannabis Concentrates



### Rick Simpson Oil (RSO)

Made by soaking dried and cured cannabis in ethanol/pure grain alcohol

Harsh extraction process can leave a chlorophyll residue and removes most terpenes

“Earthy” and bitter taste

Low level of entourage effect due to loss of cannabinoids and terpenes



### Distillate

Made from dried and cured cannabis

Produces THC oil that is clear, odorless, and flavorless

Cannabinoids and terpenes are added back in for taste and effect – often from plants other than cannabis

Low entourage effect due to loss of cannabinoids and terpenes



### Cured Resin

Extracted from dried and cured cannabis using butane

Residual solvents must be completely removed

Extraction process removes cannabinoids and terpenes at the same time

Can be made into shatter, wax, budder, crumble, or sugar



### CO2 Full Spectrum Oil

Made from dried and cured cannabis using pressure to extract cannabinoids and terpenes

Clean, safe, non-toxic, and leaves no harmful residues

Known for purity and ability to preserve flavor and aroma

Full-bodied taste and effects

High entourage effect due to preservation of cannabinoids and terpenes



### Live Resin

Extracted using butane and made from fresh, uncured cannabis plants immediately frozen after harvest preserving the plant in its “live” state

Locks in the full spectrum of terpenes, cannabinoids, and flavonoids

Retains more of the plant’s original profile, so the overall experience is closer to smoking or vaping fresh flower



### Cured Rosin

Made by applying heat and pressure to dried and cured cannabis without chemical solvents

Cannabis material is placed in filter bags and pressed using heat and high pressure to extract the oils

The extract is collected on parchment paper, cooled, and scraped off

Retains a broad spectrum of cannabinoids and terpenes

# Potential Risks & Side Effects of Cannabis Use

- Cannabis can impair cognitive functions such as memory, attention, and decision-making, particularly in heavy or frequent users, and especially in adolescents and young adults.
- Cannabis use can cause short-term memory impairment and affect coordination and motor skills.
- Some individuals may experience anxiety, paranoia, or even psychosis after using cannabis, particularly if they consume high-THC strains or have a predisposition to mental health issues.
- Long-term use can lead to physical and psychological dependence, abrupt cessation can result in withdrawal symptoms, and cannabis use can increase heart rate and blood pressure.
- Some users report decreased motivation and a lack of energy when using cannabis regularly and use can impair judgment and increase the likelihood of engaging in risky behaviors.
- Cannabis can cause digestive issues, including nausea, vomiting, and abdominal discomfort.
- Cannabis use may have legal implications and employers may have policies against its use.
- Adolescent users may be at an increased risk of impaired cognitive development and academic underachievement.
- This list is not all inclusive and patients should seek medical counsel before using any cannabis product.
- The MS Department of Health can be reached at 877-210-8510

## Notes to Dispensary

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