



Cannabis isn't as complicated as it seems,
once you understand how it works.

The Plant Menu is a tool that helps you make sense of your options. It's based on the science of how cannabis affects the body and is organized into six categories that influence the experience.

Like caffeine, your reaction will be unique to you, but knowing what to look for makes it easier to choose products that support your goal, whether that's better sleep, less pain, or just feeling good.

Use the Menu to build a product profile, understand your choices, and learn how to start safely.

This summary includes a description of each menu category and how it affects the experience, an overview of the risks, a simple plan for beginners, guidance on controlling your dose, and a worksheet to help you get started.

Come back to this anytime you're exploring something new.

The science stays the same.
The art is finding what works for you.

THE RISKS

Cannabis is generally safe for most healthy adults when used responsibly. Your body's response to cannabis depends on the product, the dose, and your physiology. It is impossible to predict exactly how you will react. Consider this before you begin and check with your doctor if you have any concerns.

DRUG INTERACTIONS

Can make other drugs stronger, weaker, or ineffective.

MEDICAL CONDITIONS

Can impact folks with mental, cardiovascular, respiratory, neurological conditions.

SIDE EFFECTS

Can lower blood pressure, increase anxiety, up heart rate, cause dizziness, increase risk of falls.

PREGNANT OR NURSING

Can be transferred to the baby. There are expert medical professionals who can help you manage your journey during pregnancy.

DOCTOR SUPPORT

Some remove patients from their practice. They are misinformed

DRUG TESTING

Even a small amount of THC can produce a positive result on a blood test.

THE PLAN

Preparation is key to building confidence and comfort. Start by defining your goals and set up the environment that feels right for you.

WHO

Decide if you'll use cannabis alone or with a trusted friend. A friend can help if you feel anxious or overwhelmed.

WHERE

Pick a safe, relaxing space. Start at home instead of a busy public place.

WHEN

Choose a low-stress time with no obligations. Evening may be ideal but avoid it if you have early commitments the next day.

NO DRIVING

Put your keys away. Cannabis is impairing and driving under the influence is unsafe and illegal.

PREPARE SNACKS

Whether it's a bag of chips or a charcuterie board, having food ready will help you manage the munchies that often come with cannabis use.

STAY HYDRATED

THC can make your eyes dry, and your mouth might feel like cotton. Have drinks ready but avoid alcohol.

CUE UP SOME MOVIES

Avoid having to make that decision if you need some quiet time. Comedies like Pineapple Express and Bridesmaids are highly recommended.



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 |

INTAKE METHOD

The method of consumption determines how quickly the effects are felt and how long they last.
Individual results will vary.

INHALATION

Onset Time: 1 - 5 mins
Duration: 2 - 4 hours

Useful for: Quick relief, pain management, inducing hunger, getting to sleep, recreation. Includes bong, joints, vapes, pipes, dry herb vaporizers.

INGESTION

Onset Time: 30 mins - 2 hours
Duration: 6 - 12 hours

Useful for: Chronic pain, staying asleep, precise dosing, convenience. Includes edibles, oils, capsules, tinctures, drinks.

ABSORPTION

Onset Time: 5 - 30 mins
Duration: 1 - 4 hours

Useful for: Pain relief, skin conditions, relaxation, non-inhalation quick relief. Includes topicals, tinctures, oral sprays, bath products, suppositories.

PLANT PROFILE

Cannabis produces hundreds of compounds, with THC and CBD being the most well-known. These compounds work together to create powerful, therapeutic effects, called the Entourage Effect. Flower products have all the compounds intact while extractions can contain all or just 1 depending on the extraction process. The plant profile is identified in 1 of 3 ways.

FULL SPECTRUM

100's of compounds are preserved during extraction which enhances the medicinal value. Includes rosin, live-resin, hash, and kief. Can be sold as a concentrate or infused into other products.

BROAD SPECTRUM

The same as full spectrum but with less than .3% THC allowing users with low THC tolerance to benefit from the medicinal effects without the risk of impairment. Find an excellent selection through the medical route.

ISOLATE/DISTILLATE

A single cannabinoid (THC/CBD) is extracted in its purest form. The final product is inexpensive to produce, very potent, and has no flavour or taste. Often combined with botanical terpenes to create unique blends.

SPECIES

Originally, species referred to the type of plant, but this has been lost due to cross breeding over time. These terms are now used as an indicator for what effects to expect based on the terpene profile of the plant.

SATIVA

Often associated with energizing and stimulating effects. Useful for focus, creativity, and socializing.

INDICA

Known for producing a body high with calming and relaxing effects. Used for sleep and relaxation.

HYBRID

Offers a balanced experience, combining effects from both Sativa and Indica. Can lean towards either side.

CANNABINOIDS

THC & CBD are the most researched compounds in cannabis. THC causes impairment. CBD will not. A balance of both (1:1) is often used for a gentler experience.
Individual effects will vary.

THC

Useful for: Pain, sore muscles, relaxation, euphoria, sleep, headaches, harm reduction, and elevation.

Side Effects can include impairment, dizziness, anxiety, dry mouth, red eyes, lethargy, increased heart rate.

CBD

Useful for: Pain, inflammation, anxiety, appetite suppression, neuroprotective, overall wellbeing.

Side Effects: Drug interactions, lowers blood pressure, either drowsiness or insomnia, dry mouth, red eyes.

CBG

Non-Impairing. Useful for pain, sleep, induces appetite.

CBN

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

THCV

Causes impairment. Used for energetic effects and stress.

TERPENES

Considered the 'essential oils' of cannabis, terpenes manage the plants flavour and scent and contribute to the physiological effects. There are 100's of terpenes. Individual effects vary.

BETA-CARYOPHYLLENE

Found in peppercorns. May help reduce anxiety, relieve pain, & neuroprotection.

OCIMENE

Found in mint & parsley. Contributes to uplifting effects. An anti-bacterial.

HUMULENE

Found in hops & ginseng. Can suppress appetite & useful for pain.

PINENE

Found in pine trees & rosemary. Uplifting and can help with focus.

LIMONENE

Responsible for euphoric effects. Helpful anti-depressant. Found in citrus rind.

LINALOOL

Often found in indica strains for calming and sedative effects. Found in lavender.

TERPINOLENE

Found in tea tree & lilac. Sedating, pain control, an anti-inflammatory.

MYRCENE

Found in mango & hops. Used for Sleep, pain relief, an anti-inflammatory.

POTENCY

Potency refers to the concentration of THC and CBD in a product.
The higher the number, the stronger the effects. Potency is expressed in different ways for different products.

FLOWER, VAPES, PRE-ROLLS

Concentration of THC is recorded on packaging as mg/g. Change to % by dividing by 10 or simply move decimal left 1 place.

eg: TOTAL THC 245mg/g = 24.5% HIGH POTENCY

EDIBLES & BEVERAGES

Concentration of THC is displayed as mg/unit.

eg: For 1 piece per pack: Total THC 10mg. BUT...

If there are 5 pieces per pack:

Total THC/unit 2mg Total THC 10mg

Each piece (2mg) is Very Low Potency.

Entire pack (10mg) is Low-Moderate Potency.

POTENCY GUIDE

| | |
|------------------|-------|
| LOW..... | 0-10 |
| MODERATE..... | 10-20 |
| HIGH..... | 20-30 |
| CONCENTRATE..... | 30+ |

CONTROL YOUR DOSE

Dosing is one of the most important and often overlooked aspects of using cannabis. It's the difference between a pleasant, enjoyable experience and one that leaves you feeling uncomfortable or overwhelmed. Everyone's ideal dose is different.

Start Low - Go Slow

Start low is referring to the dose. For beginners, the THC starting dose is between 2-2.5mg, CBD starting dose is 5mg.

Go slow refers to how often you increase the dose and by how much. Each intake method requires a different approach.

INHALATION:

Effects are felt within minutes, making it easier to control your dose. Start with 1-3 puffs and wait 1 hour before taking more.

INGESTION:

Effects take 30 minutes to 2 hours to kick in but can last 6-12 hours. Begin with 2.5-5 mg of THC and wait at least 2 hours before consuming more. Beginners and high-risk users may want to start at a lower dose of 1mg THC and increase by 1mg at a time, every 2-3 hours or begin at the new dose next session.

ABSORPTION:

Effects are felt within 15-45 minutes when taken sublingually (under the tongue). Start with a small dose (e.g., 2.5-5 mg) and wait 1 hours before taking more. Topicals used on skin will not cause impairment and can be used more liberally. Suppositories are felt quickly, can cause impairment, and may last 12 hours.



WORKSHEET

MAKE A PLAN

Who:

Where:

When:

Why:

MENU SELECTION

INTAKE METHOD

Inhalation Ingestion Absorption

☐☐☐

PLANT PROFILE

Full Spectrum Broad Spectrum Isolate

☐☐☐

SPECIES

Sativa Indica Hybrid

☐☐☐

TERPENES

Linalool Pinene Myrcene Limonene Humulene

☐☐☐☐☐

Beta-Caryophyllene Terpinolene Ocimene Other

☐☐☐☐

CANNABINOIDS

☐ THC

☐ CBG

☐ CBD

☐ CBN

☐ CBD+THC

☐ THCV

POTENCY

Low Moderate High Concentrated
0 - 10 10-20 20-30 30 and up

☐☐☐☐

PRODUCT eg: Brand Name, Pack Size, Price

NOTES eg: Rating out of 5, memorable moments, likes/dislikes.

INHALATION

THC: Start dose 1-2 puffs.
CBD: Start with 2-3 puffs.
Wait 1 hour between puffs.
High potency = Less puffs.

CONTROL YOUR DOSE

Start Low-Go Slow

INGESTION

THC: Start dose 2.5mg-5mg. Increase by 1mg. CBD: Starting dose 5mg. Increase by 5mg.
Wait 2 hours between doses