

MANY DIFFERENT STRAINS OF CANNABIS

STRAIN IS USED TO DIFFERENTIATE BETWEEN CANNABIS SATIVA AND INDICA. IT REFERS TO THE SPECIFIC BREED OF EACH INDIVIDUAL PLANT. OVER THE YEARS, FAMILIAL STRAINS HAVE DIVIDED INTO SPECIFIC SUBSECTIONS. THOUGH STRAINS MAY SHARE LINEAGE, THE DIFFERENCES ARE NUMEROUS



SATIVA STRAINS

Sativa strains have an uplifting effect and offer a cerebral high that includes:

- **Laughing uncontrollably**
- **Engaging in in-depth conversations**
- **Thinking creatively**

Sativa strains grow tall and thin - the plant can grow up to 20 feet in an outside garden. Popular strains include:

AMNESIA HAZE

Beloved by morning users, it offers an uplifting boost.

CHERRY AK

With a sweet, fruity smell and taste, this strain can help elevate a bad mood.

GREEN CRACK

Users are rewarded with a blast of exhilarated energy.

SOUR DIESEL

Despite a diesel smell, this strain offers the highest happiness quotient.



INDICA STRAINS

Indica strains have a relaxing, sedative effect, often used to:

- **Reduce stress**
- **Relieve pain**
- **Limit anxiety**

Indica strains are a bushy plant that can grow between 3 and 6 feet tall and are suitable for growing indoors. Popular strains include:

BUBBA KUSH

With a coffee and chocolate taste, this strain has a heavy tranquilizing effect.

NORTHERN LIGHTS

This pure indica is known to have come from the "mother plant."

HEROJUANA

To battle insomnia, this strain induces a heavy, relaxing sleep.

SKYWALKER OG

This strain is known for its healing properties for those with PTSD.



HYBRID STRAINS

Hybrid strains offer a mix of effects, combining the traits they inherited from their parent strains. Hybrids are known to:

- **offer a relaxing body effect**
- **Create balance of mind and body**
- **Limit anxiety**

Of the roughly 779 strains, over half of them are hybrids. Popular strains include:

BLUE DREAM

Offers a total relaxation while energizing the mind.

HEADBAND

Great for pain relief and a feeling of elation.

GIRL SCOUT COOKIES

This strain is a more extreme version of Blue Dream, so go easy!

PINEAPPLE EXPRESS

This sweet, tropical strain leaves one feeling happy and euphoric.