



■ Methods of Use Comparison Chart

Method	Pros	Cons
Smoking (Flower)	Fast relief (1–5 min), easy to control dose	Harsh on lungs, short duration
Vaping	Fast onset, less odor than smoking	Device required, safety depends on quality
Edibles	Long-lasting (4–8 hrs), discreet	Slow onset (30–90 min), easy to overconsume
Tinctures / Oils	Flexible dosing, quicker onset (sublingual)	Taste may be strong, requires measuring
Topicals	Local relief, non-intoxicating	Doesn't treat whole-body conditions

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