

Edibles

Edibles go by a lot of names - gummies, lozenges, chocolates, chews, - and come in a range of sizes, and strengths. with different ratios of cannabinoids:

THC: causes the psychoactive effects “high” when ingesting.

CBD: has medicinal uses but doesn't cause a psychoactive feeling like THC.

CBN: promotes sleep and does not cause psychoactive effects.

CBG: helps reduce anxiety, depression, pain, and even helps with cancer.

CBC: helps with inflammation, acne, and depression.



Topicals

Creams, lotions, salves, and balms. with THC and/or CBD to help with pain and inflammation. without psychoactive effects



The Endocannabinoid System

The Endocannabinoid System (ECS) is an intricate cell signaling system that helps regulate your daily bodily functions including sleep, mood, appetite, pain levels, and more. When cannabis enters the system, a more balanced state occurs within the body. These effects differ among individuals.

Different cannabis products can produce a range of different feelings and sensations - both physical and emotional, including:

- Relaxation & Calm
- Energy & Alertness
- Peace & Centeredness
- Focus & Attention
- Happiness, Joy, Humor
- Pain Relief
- Appetite Stimulation
- Anxiety Relief

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Your Local Cannabis Experts
in Riverside, New Jersey
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CANNABIS 101

A quick introduction to
cannabis varieties and
products

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Cannabis Categories

While there are thousands of different varieties and blends of cannabis - much like grape varieties in wines - there are three major cannabis categories.

- ☀️ **SATIVA:** energizing, energizing - typically for daytime use
- 🌙 **INDICA:** relaxing, calming - typically for nighttime use
- 🌿 **HYBRID:** A balance between Indica and Sativa - used anytime

Cannabis Products

Within these categories there are thousands of products that typically fall into one of a handful of categories.

FLOWER	VAPORIZERS
CONCENTRATES	EDIBLES
TOPICALS	TINCTURES

Flower & Buds

The most basic form of cannabis in plant form. Varieties include:

- BIG BUDS:** larger plant buds
- SMALL BUDS (popcorn):** smaller plant buds
- SHAKE:** ground up buds
- PRE-ROLLS:** Pre-rolled joints sold individually or in packs



Concentrates

Concentrates are very potent cannabis extracts.. Often referred to as dabs. they go by many names including wax, shatter, batter, butter, oils, rosin, and sugar. Concentrates have extremely high levels of cannabinoids and terpenes. usually inhaled at high temperatures.



Vaporizers

Vapes come in several forms:

- Cartridges** (.5 gram and 1 gram): a glass cartridge of distillate oil that screws into an external battery.
- Disposables** (.3 gram and .5 gram): Vapes that do not need a separate battery to use.
- Live Resin:** The process of using fresh/frozen cannabis to create a very potent and flavorful product.
- Live Rosin:** uses heat and pressure to release the most potent and flavorful parts of the plant.



Tinctures

Liquid cannabis extracts added to foods, and drinks, or be placed directly under the tongue. It is absorbed sublingually and orally. Tinctures contain THC and / or CBD.

