VERDES CANNABIS
QUICK START GUIDE

THANK YOU FOR VISITING VERDES!

There is a lot to learn about cannabis and we know getting started can feel a little overwhelming. This step-by-step guide can help you begin your journey with confidence.

DESIGNING YOUR CANNABIS PROGRAM

Step #1: Decide which symptom requires immediate attention.

- Examples: sleep, anxiety, pain, etc.
- Many of us have multiple symptoms to manage. It's important to determine which one is most problematic to your current quality of life.
- Symptom management is an ongoing and fluctuating process that will require regular adjustments to serving sizes and potencies.
- Cannabis affects everyone differently. For best results, you may need to explore different delivery methods.

DESIGNING YOUR CANNABIS PROGRAM

Step #2: Determine your budget.

- Choose products that will fit into your budget long-term.
- Knowing your intake requirements for cannabis in milligrams and strain potency percentages can help you choose products that are effective for your relief and affordable for long-term consumption.
- Ask our Service Reps about products that fit your serving size requirements and your budget.

Step #3: Determine how you want to consume cannabis.

- Examples: tinctures, inhalants, edibles, etc.
- Cannabis acts differently depending on how it enters the body. Some options are fast-acting and other options are long-lasting.
- Fast acting = inhalants (dry flower, vaporizers, & cartridges), tinctures
- Long lasting = edibles (food products, beverages, & capsules)

Step #4: Determine your serving size.

- Use this chart to help identify your potential tolerance level and appropriate starting point.

Tolerance Level	THC in milligrams (mg)
Undetermined	0.5 - 3 mg THC
Mild	3 - 6 mg THC
Moderate	7 - 15 mg THC
Advanced	15+ mg THC

- Understand the potency of the product you are consuming.
- Determine how many milligrams are in a single serving of the product.
- START LOW & GO SLOW. You can always eat more, but too much too fast may cause uncomfortable side effects especially for novice consumers.
- It can take the body three to five days to adjust to an edible serving. Do not increase your milligram dosage too quickly.

Step #5: Choose THC, CBD, or BOTH

THC

- Produces euphoria.
- Helps reduce pain reception.
- Works quickly to relieve a variety of symptoms.

CBD

- Not psychoactive.
- Anti-inflammatory, supports the immune system, and much more!
- Effects are more subtle than THC and may take 2+ weeks to identify.

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TIPS:

- The goal is to find the smallest amount of cannabis that gives you the relief you need. Less is more.
- It can take 3 to 5 days to adjust to a cannabis serving. Do not increase potency too quickly.
- For best results, try a variety of delivery methods.
- Be sure to understand the potency and dosing options for any product you try.
- Take cannabis with food and drink plenty of water.
- Edible cannabis may interact with certain medications. Please consult with your pharmacist or physician if you have any concerns.
- Be aware of your environment to avoid feelings of paranoia.
- Keep away from children and pets.
- Do not drive or operate heavy machinery.
- Cannabis may intensify the intoxicating effects of alcohol and other controlled substances.
- Do not consume cannabis if you are pregnant or breastfeeding.

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Step #5: Choose THC, CBD, or BOTH

THC & CBD

- THC & CBD work best together.
- Combining both compounds can improve symptom relief.
- Provides balance between euphoric effects and symptom relief.

Step #6: Determine your delivery method.

Inhaled Products:

- Easy method for controlling your cannabis intake.
- Fastest onset: 0 - 15 minutes
- Effects last: 1 - 4 hours

Tinctures:

- Easy method for controlling your cannabis intake.
- Ideal for low-dose administration.
- For faster relief, place under the tongue and hold for approximately one minute.
- Onset: 10 minutes - 1 hour
- Effects last: 2 - 4 hours

Edible Cannabis:

- Increased body and psychoactive sensation compared to inhaling cannabis.
- Effects last significantly longer than inhaled cannabis depending on metabolism and other factors.
- More effective when taken with food.
- Onset: 30 minutes to 2+ hours
- Effects last: 4 - 10 hours

MANAGING SIDE EFFECTS

Most of the negative effects of cannabis are mild and can be resolved by adjusting the serving amount, delivery method, or strain.

Some of the most common side effects include, but are not limited to, the following:

- Dry mouth. Drink water. Moisten your mouth with hard candy, mints, or chewing gum.
- Red eyes. Use artificial tears or another eye moisturizing drop if needed.
- Panic & paranoia. Be mindful of your surroundings. Reduce THC and incorporate more CBD.
- Decreased blood pressure. Stay hydrated and change positions slowly. A two hour space between blood pressure medication and cannabis is recommended.
- Dizziness. Reduce THC intake and balance yourself with more CBD.
- Heightened body awareness that may cause anxiety. Reduce THC intake and balance yourself with more CBD.
- Increased heart rate. Reduce the amount of THC, increase water intake, switch strain, or combine with CBD.
- Nausea. Avoid using cannabis with alcohol and other sedating substances. If this symptom occurs with cannabis alone, reduce the amount of cannabis consumed or change the strain.