Forms of Consumption & Inhalation Methods

Understanding the Different Ways to Use Cannabis

1. **Smoking (Traditional Combustion)**
    - **Method:** Rolled joints, blunts, pipes, bongs.
    - **Onset Time: Seconds to minutes**.
    - **Duration:** 1-3 hours.
    - **Considerations: Higher lung irritation risk** due to combustion.
2. **Vaporization (Safer Alternative to Smoking)**
    - **Method:** Dry herb vaporizers, oil cartridges.
    - **Onset Time: Seconds to minutes**.
    - **Duration:** 1-3 hours.
    - **Considerations: Lower toxin exposure**, smoother experience.
3. **Edibles & Beverages**
    - **Method:** Gummies, chocolates, infused drinks.
    - **Onset Time: 30 minutes to 2 hours**.
    - **Duration: 4-8 hours** (varies by metabolism).
    - **Considerations: Start with low doses** (e.g., 2.5mg-5mg THC).
4. **Tinctures & Sublinguals**
    - **Method:** Cannabis extracts placed under the tongue.
    - **Onset Time: 15-45 minutes**.
    - **Duration: 4-6 hours**.
    - **Considerations: Faster onset** than edibles, **precise dosing**.
5. **Topicals & Transdermal Patches**
    - **Method:** Creams, balms, patches applied to skin.
    - **Onset Time: Varies (immediate to 1 hour)**.
    - **Duration: 4-12 hours**.
    - **Considerations: Non-psychoactive** (unless transdermal).
6. **Concentrates & Dabbing**
    - **Method:** Wax, shatter, rosin, oils.

- **Onset Time: Seconds to minutes**.
- **Duration: 1-3 hours**.
- **Considerations: Extremely potent**, best for experienced users.

For more consumption guidance, visit: www.litnewhaven.com/resources

Know the Law & Stay Compliant