

DELIVERY METHODS:

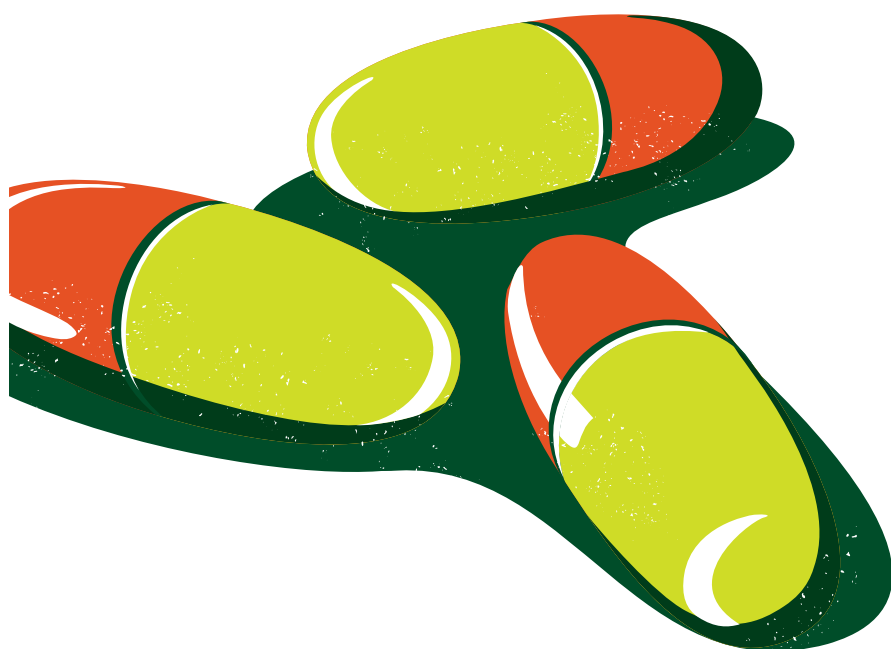
CAPSULES

Many capsule bottles are child-resistant so you will need to push down on the lid as you twist to open. There will be a label on your packaging which provides the cannabinoid content of your product (CBD and THC, for example).

Capsules will provide a delayed onset, anywhere between 30–180 minutes. Effects from orally consumed products will be longer-lasting compared to other forms of cannabis, so use caution. You may repeat doses as needed, and as you can tolerate.

As with any medicinal cannabis product, the goal is to consume the least amount possible to achieve symptom relief. If you find yourself needing increasingly larger doses of products over time, please speak with a dispensary patient care specialist.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2689518/>
Individual results may vary.



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DELIVERY METHODS: CONCENTRATES

WHAT YOU'LL NEED:

Pick the right vape device for the task. You will want to ensure your device has a chamber appropriate for concentrates! Choose your concentrate. Shatters, waxes, resins, and more!

Each option provides for a different consistency of cannabis oil for you to consume.

HOW TO CONSUME:

There are many different concentration devices out there! For most, you'll follow the same process:

- Charge your battery!
- Load the chamber: place a small amount of concentrate in the heating chamber of your device. Remember, a little goes a long way with concentrates!
- Secure the mouthpiece to the device for proper inhalation.
- Press the button on your device to heat the coil in the chamber as you inhale.
- Start low and go slow. Begin with one small inhalation, wait a few minutes and monitor how you feel before repeating your dose.
- Clean your device chamber frequently to avoid damage!

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