

A PLACE FOR WELL-BEING

BENEFITS OF THC

WHAT IS THC?

THC is an abbreviation for the cannabinoid Tetrahydrocannabinol (TET • ra • HY • dro • CAN • nab • i • NOL). THC works with your body's natural endocannabinoid system.

WHERE DOES THC COME FROM?

Fresh cannabis flower contains Tetrahydrocannabinolic Acid (THC-A), which becomes THC when heated or exposed to light. THC-A does not have the same effects as THC, but may have medicinal benefits of its own.

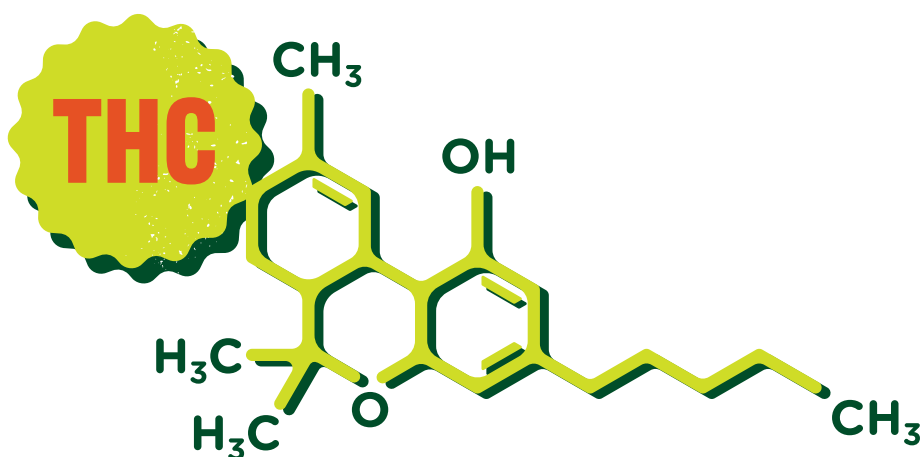
HOW DOES THC WORK?

THC interacts with endocannabinoid receptors in your body, such as CB1 and CB2. These receptors are most concentrated in your nervous system, particularly in areas associated with thinking, pleasure, memory, and time perception.

ARE THERE DIFFERENT TYPES OF THC?

Yes. There are several forms of THC, each with their own benefits. Here are a few key ones to know.

- Δ 9-THC: The full scientific name of the THC found in prepared cannabis.
- Δ 8-THC: A less-potent form of THC which can be made from hemp.
- THC-V: A shorter-lasting cannabinoid.



FAQS

DO I NEED TO TAKE THC TO GET THE BENEFITS OF MEDICINAL CANNABIS?

No. Most medical cannabis products contain at least a small amount of THC. Different products will contain different levels of THC, but a variety of products contain so little THC content that you likely will not feel any cognitive effects.

HOW WILL THC MAKE ME FEEL?

The effects of THC depend on the quantity taken and the type of therapy used. Some CBD products contain small amounts of THC that likely will not produce cognitive effects, and some topicals containing THC likely will not produce effects either.

In products that do produce cognitive effects, the experience depends on your frame of mind and setting, but can be quite pleasant when relaxed and in a comfortable setting.

HOW MUCH THC SHOULD I TAKE?

The best dose varies from person to person so we recommend starting low and increasing your dose slowly until you feel a benefit. For inhaled therapies, wait 15–30 minutes* after a dose to feel the full effects before you take more. For edible therapies, wait 2–3 hours* after a dose before taking more. We recommend settling on the lowest dose that helps with your symptoms.

I DON'T WANT TO FEEL "HIGH". CAN I STILL TAKE THC?

Yes. Some THC products like topicals do not produce cognitive effects, and balancing THC with CBD in other therapies can help to offset the "high feeling". Talk to your patient care specialist, and they can help find the right product for you.

Consumption of cannabis should be discussed with your physician.
*Individual results may vary.



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Medical cannabis is for use by qualified patients only.

References: Ahmad, S., Hill, K. P. (2021). Medical marijuana: A clinical handbook. Wolters Kluwer: (pg 275) and Backes, M., Weil, A. (2017). In Cannabis Pharmacy: The practical guide to medical marijuana (pp. 55).

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