



Cannabasics

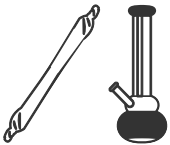
Methods of Consumption



There are four basic delivery methods:

01 // Inhalation 02 // Oral-Mucosal 03 // Ingestion 04 // Topical

01 //



INHALATION

Inhalation is the most common way people have traditionally consumed cannabis. The onset of effects is rapid with most people feeling a “high” within minutes of inhalation. Common examples of delivery methods using inhalation are: hand pipe, bong, vaporizer, joint and hookah.

02 //



ORAL-MUCOSAL

The product (most commonly a tincture) is applied under the tongue or sprayed into the mouth and absorbed through the oral-mucosal lining.

03 //



INGESTION

Ingesting cannabis is most commonly in the form of a food or beverage item that was created using a fat or oil infused with cannabis that was then heated to ensure the cannabinoids are active when consumed. Edibles include any food or drink that contains cannabis.

04 //



TOPICAL

Topical cannabis products are applied and absorbed through the skin using a thick oil extract that contains active cannabinoids. The effects of the cannabinoids are generally localized and use of the product is generally not to confer intoxicating effects, but to provide localized relief from pain or inflammatory conditions (some exceptions apply).