

What to Look For

CBD-THC products CBD and THC work best together, enhancing each other's therapeutic benefits.

Clear labels Look for product labels showing the quantity in milligrams and the ratio of CBD and THC per dose, a manufacturing date and batch number (for quality control).

Lab Testing Look for products that are tested for consistency, and verified as free of mould, bacteria, pesticide, solvent residues, and heavy metals.

Quality Ingredients Select products with quality ingredients. (No High Fructose Corn Syrup, GMOs, trans-fats, preservatives, colours or artificial additives). For consistency of dosing.

Safe extractions Avoid products extracted with toxic solvents like propane, hexane or other hydrocarbons. Solvent residues are especially dangerous for immune-compromised patients. Look for products that entail a safer method of extraction like supercritical CO2.

Products from organic cannabis Compared to high resin cannabis, hemp is typically low in tetrahydrocannabinol content (less than 0.3% THC).

WARNING!!

- Edibles may not be appropriate for someone suffering from nausea, vomiting or lack of appetite.
- Unsupervised children who have access to edibles may result in overdosing.

Patient Access to Medicinal Cannabis is regulated by the MCA. Users or caregivers must have a Medicinal Cannabis Certificate Identification Card, and Prescription. For more information, visit a MCA registered physician or contact the MCA directly.



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What Type of Medicinal Cannabis Therapy Is Best for You?



There are different forms of Medicinal Cannabis and these will be prescribed based on the nature of the illness, privacy concerns, personal preference and based on which one works best for a patient with the fewest side effects.

Smoked Cannabis



Cannabis can be smoked in a pipe, bong or joint. When inhaled CBD, THC and other compounds are absorbed by the lungs into the blood stream, and then crosses the blood-brain

barrier. The first effects of inhaled cannabis usually occur within a few minutes, and gradually wear off after 2 to 3 hours. Smoking is often effective for treating acute symptoms that need to be addressed quickly such as painful spasms, nausea and vomiting. It is fairly easy to titrate the dose by inhaling. If the effect is insufficient after a few minutes, one can take another puff until the desired effect is achieved. However, the smoke also contains noxious compounds that may irritate the lungs, some of which are considered carcinogenic.

Cannabis Tea

Cannabis prepared as a tea will include significant amounts of CBD and THC in their non-psychoactive “acid” form (CBDA and THCA) because the heat required to steep tea is less than the temperature necessary for “decarboxylation”, which transforms CBDA into CBD and THCA into THC. Cannabinoid acids have significant therapeutic properties, but there has been little research on the acids.



Sublingual Sprays



Sublingual sprays are made from cannabis extracts that may be mixed with another substance like coconut oil. The cannabis concentrate is sprayed under the tongue, which is highly vascular, and it is then quickly

absorbed through the mouth into the bloodstream. The first effects are generally felt within 3 to 5 minutes. Sublingual sprays are a good option for breakthrough pain which is required periodically but consistently, or if a discrete and timely cannabis dosing is required. It can be taken from a purse or pocket, then used and quickly put back. There is usually no preparation involved and no lingering smell from smoking.

Edibles



Edibles are foods or snacks prepared with cannabis-infused oil, butter or ghee. The effects of orally consumed cannabis can last 8 to 10 hours. Which is 4 hours - considerably longer than inhaled cannabis. However, the onset of the effects is much slower (30-90 minutes) than inhaled cannabis or sublingual sprays. The slow onset and longer duration make edibles well suited as a baseline treatment for treating chronic conditions that require a steady dose of medicine throughout the day. **The biggest risk with orally administered cannabis is over-consumption.** The longer time of onset makes it more difficult to titrate the dosage. One should proceed cautiously by taking a small dose of an edible and waiting at least an hour before deciding if more is needed.

Tinctures



Tinctures are remedies in which the active ingredients of cannabis are dissolved in alcohol. Cannabis tinctures are placed under the tongue, or into food. Their effect, duration and dosing are similar to that of edibles and oral tablets.

Vaporising

Vaporising with a device offers the same rapid benefits as smoking. A vaporiser heats the dried cannabis flower or oil without burning it, the active ingredients are inhaled as a vapour and no smoke is involved. This makes it a healthier alternative to smoking.

Juicing



Raw cannabis juice made with a blender will contain CBDA, THCA, and other Phytocannabinoids acids since it is not heated. Precise dosing is difficult with juicing; however, the health benefits are still potentially significant.

Capsules & Gel-caps



Cannabis oil can also be taken in a capsule or gel cap like a vitamin or supplement. The effect, duration and dosing are similar to that of edibles.

Topicals, Salves & Patches

Cannabis extracts can be infused in a balm, lotion, cream or ointment and applied on or directly to the skin. Patients report that cannabis topicals are effective for pain, skin conditions, inflammation and some infections.

