

What is THC & CBD?



THC and CBD are the two main compounds found in a cannabis plant. These compounds are called cannabinoids. There are over 85 cannabinoids in cannabis, but THC and CBD are the most abundant and researched.

THC is the cannabinoid in cannabis typically attributed to the plant's psychoactive effects.

CBD is the minimally psychoactive cannabinoid in cannabis that may relieve anxiety, inflammation and more.

Important Regulations

You may not resell the marijuana you have purchased from **Caroline's Cannabis to any other individual**. For first offenders, possessing over one ounce of marijuana with the intent to manufacture, distribute, dispense or cultivate is punishable by a fine of \$500-\$5,000 and/or imprisonment of up to 2 years.

Alcohol

Do not mix marijuana and alcohol.

Eating

Do not consume marijuana infused products on an empty stomach. It is recommended to consume marijuana infused products on a full stomach as it helps in lowering the intensity of effects.

Marijuana and Pregnancy

Marijuana may be harmful to developing brains. Smoking marijuana or consuming edible cannabis products can expose your baby to potentially harmful substances. **If you are pregnant or breastfeeding, or plan to become pregnant soon, leading doctors' organizations recommend that you do not use marijuana.**

Anxiety and Paranoia

Anxiety and paranoia may accompany over-ingestion. If you are experiencing any feelings of anxiety or paranoia, stay calm and remain in a comfortable, safe environment. The effects will pass with time.

Dosing & Duration



Proper dosing of cannabis will vary by consumer. Consumers with limited cannabis experience should begin with no more than 5mg of THC per serving and adhere to these general consumption guidelines before consuming more:

Note: There is considerable inter-individual variability.

Vaporization or Smoking

Onset of effects: 90 seconds

Peak Effects: 15-30 minutes

Duration of Effects: 2-3 hours

Edibles (Oral Administration)

Onset of effects: 90 minutes

Peak Effects: 2-6 hours

Duration of Effects: 4-12 hours

Children and Pets

Always store all cannabis products in a locked area that is out of sight and reach of children and pets. Keep cannabis in the child-resistant packaging from the store.

Never use cannabis around children. When you are using cannabis, make sure an adult who can look after your children is nearby. Secondhand cannabis smoke contains THC and other chemicals that can affect the health of children.

If you think a child may have ingested cannabis, call the local Poison Control Center at 800-222-1222.

If you think a child needs immediate medical help, call 911.

Driving and Machinery

Marijuana can impair your driving skills by slowing your reaction time, coordination, and concentration. **Driving and operating machinery under the influence is illegal** (M.G.L. c. 90.24) and may increase your risk of getting into a car crash.

Marijuana has not been analyzed or approved by the FDA. There is limited information on side effects, and there may be health risks associated with using marijuana. Keep out of the reach of children.

Dependence and Abuse

Some people who use marijuana long term and are trying to quit report mild withdrawal symptoms that make quitting difficult. Some people may also experience addiction, and show signs and symptoms of drug abuse.

Signs and symptoms of substance abuse:

- Neglecting responsibilities at work, school, or home due to drug use
- Using drugs under dangerous conditions or taking risks while high
- Causing problems in relationships
- Taking drugs to avoid or relieve withdrawal symptoms
- Abandoning enjoyed activities
- Losing control over drug use; wanting to stop using but feeling powerless to do so

If you or someone you know needs help with substance abuse, help is available. Please visit www.helplinema.org or see NIH Drug Facts Resources for more information.

To learn more, please visit:
<https://www.mass.gov/info-details/responsible-use-of-marijuana>