

# What Are Cannabinoids, THC, CBD and Terpenes?

**Cannabinoids** are the active chemicals in cannabis plants that affect our brain and body when we consume them. There are over 100 different cannabinoids in cannabis that interact with a system in our body called the Endocannabinoid System (ECS). Our bodies also produce natural chemicals called “endocannabinoids” that interact with the ECS. Cannabinoids look like these natural chemicals to our body and therefore interact with the ECS the same way endocannabinoids do. The ECS is important for our response to stress and mental health, immunity, and our overall wellness.

The two cannabinoids that are most common and tend to be present in higher amounts in cannabis are **tetrahydrocannabinol (THC)** and **cannabidiol (CBD)**.

**CBD** does not generally produce a “high.” CBD interacts with our ECS to boost the effects of our body’s own endocannabinoids.

**THC** is responsible for the way your brain and body respond to cannabis that includes the psychoactive effect, or “high,” and the associated physical impacts. THC fits like a key into a lock with our body’s Endocannabinoid System (ECS) and temporarily replaces our body’s endocannabinoids.

**Terpenes** are the natural chemicals present in cannabis that give each strain or variety its unique smell and taste. There are thousands of terpenes present in most types of plants and they give our favourite spices, teas, fruits and vegetables their unique aromas. Over 100 different terpenes have been identified in cannabis plants and there is some evidence to suggest that they play a role in the effects of a cannabis strain, however more research is needed in this area. A few of the most common cannabis terpenes are: caryophyllene, myrcene, alpha- and beta- pinene, limonene, and terpinolene.

## How to choose a cannabis product:

Generally, we can categorize all cannabis products into these main types to help with choosing the right one for you:

- **THC-dominant** cannabis products will contain THC (over 7% THC) and minimal amounts of CBD (0-2% CBD). This type of product will have a stronger “high” or euphoric effect. This type of product has the greatest chance of undesirable effects like paranoia and discomfort, depending on the dose and other factors.

- **CBD-dominant** cannabis products will contain CBD (over 7% CBD) and minimal amounts of THC (0-2% THC). This type of product will likely have little to no “high” or euphoric effect and be milder and more relaxing, depending on the dose and other factors.
- **Balanced** cannabis products can have a ratio of THC to CBD of either: 1:1, 1:2, or 1:3. The greater amount of CBD to THC means that the product will likely have a more relaxing, body-high effect and less of a stimulating “high”, depending on the dose and other factors.

# Methods of Consumption

METHOD	ONSET OF EFFECT	PEAK EFFECT	DURATION
<b>SMOKE INHALATION</b>  <b>Combustion</b>  Smoking can mean using cannabis flower in joints, bongs, and pipes	5 - 15 minutes	30 minutes - 1.5 hours	2 - 4 hours
<b>VAPING INHALATION</b>  <b>Vaporization</b>  Vaping can mean dry-herb vaporizing, or vaping extracts such as dabbing, distillate or FSE cartridges, and specialized vaporizers for extracts, or hot knives (hash)	5 - 15 minutes	30 minutes - 1.5 hours	2 - 4 hours
<b>INGESTION</b>  <b>Ingestion</b> can mean store-bought or homemade oils, or edibles/infused foods/drinks	30 minutes - 3 hours	2 - 6 hours	~ 8 hours
<b>SUBLINGUAL</b>  <b>Through tinctures or sprays</b>  sublingual includes special "nanoemulsion" or "fast-acting" products that are absorbed <b>under the tongue</b> .	15 minutes - 2 hours	1 - 1.5 hours	2 - 6 hours