

BestBüds®

What's Life Without Your BestBud

# The Plant

Educational Cannabis Brochure

Our mission is to empower you with the knowledge you need to navigate the world of cannabis with confidence and make informed choices about your cannabis experience. Whether you are new to cannabis or a seasoned enthusiast, we believe everyone can benefit from learning more about this versatile plant and its potential benefits.



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# TABLE OF CONTENTS

<b>LIMITATIONS OF THE RIGHT TO POSSESS AND USE CANNABIS IN NJ</b>	<b>3</b>
<b>POTENTIAL SIDE EFFECTS OF CANNABIS USE</b>	<b>5</b>
<b>THE DIFFERING STRENGTHS OF CANNABIS PRODUCTS</b>	<b>7</b>
<b>SAFE TECHNIQUES FOR USE OF CANNABIS PRODUCTS AND PARAPHERNALIA</b>	<b>11</b>
<b>ALTERNATIVE METHODS AND FORMS OF CONSUMPTION OR INHALATION CANNABIS PRODUCTS</b>	<b>9</b>
<b>SIGNS AND SYMPTOMS OF SUBSTANCE ABUSE</b>	<b>13</b>
<b>OPPORTUNITIES TO PARTICIPATE IN SUBSTANCE ABUSE PROGRAMS</b>	<b>14</b>
<b>INFORMATION ON TOLERANCE, DEPENDENCE, AND WITHDRAWAL</b>	<b>15</b>





**T**he adult use of cannabis has been legalized in New Jersey. But it's important to remember that certain regulations and restrictions govern this legislation.

As responsible members of the cannabis community, we're here to guide you through what you need to know about New Jersey's adult-use cannabis market.

## Limitations of the Right to Possess and Use of Cannabis in NJ

**S**coring a significant victory for cannabis reform advocates, New Jersey now legally allows adults aged 21 and over to consume cannabis for recreational use and to have up to 6 oz of cannabis and cannabis products in their possession. Please note – you'll be required to show a valid form of identification to confirm your age when purchasing cannabis products.

In each transaction, dispensaries are allowed to sell up to the equivalent of 28.35 grams or 1 ounce of usable cannabis. That means up to:

- 28.35 grams (1 ounce) of dried flower, or
- 4 grams of solid cannabis concentrates or resin, or the equivalent of 4 grams of concentrate in liquid form (solution in milliliters), or
- 4 grams of vaporized formulations (oil), or
- 1000 mg of multiple ingestible cannabis-infused products (10 - 100 mg packages) like gummies
- A purchase of a combination of products may be 14.17 grams (1/2 ounce) of dried flower and 2 grams of concentrate, or 5 packages of gummies and 14.17 grams (1/2 ounce) of dried flower





## Potential Side Effects of Cannabis Use

**Understanding Cannabis Effects:** Interactions with cannabis can vary widely – even for each individual. The effects of a flower strain you may be familiar with may be different on a day you haven't eaten, had some alcohol, or took medication. Many factors can affect how cannabis is processed in your body and how you are affected physically.

Though effects may vary widely by individual, some possible adverse effects (or signs of overconsumption) are extreme confusion, paranoia, anxiety or panic, extremely fast heart rate, increased blood pressure, dizziness, or nausea. Cannabis hyperemesis syndrome is a rare condition that can affect regular and long-term users – particularly those who have been consuming cannabis since adolescence. Anyone who experiences nausea, vomiting, and stomach pain whenever they consume cannabis (in any form) should contact their healthcare provider.

It's important to remember that individual experiences may vary based on a strain's unique cannabinoid and terpenoid profile.

**Want to learn more? Scan here**





## The Differing Strengths of Cannabis Products

Cannabis products come in a wide array of strengths, tailored to meet diverse consumer needs and preferences. Understanding these varying strengths is crucial for both new and experienced users. It allows for a more controlled and personalized experience, ensuring that each individual can find the right product to suit their specific needs.

- **Flower (THC Potency: up to 30%):** Flower is available as pre-rolls or pre-packaged dried flower with no more than ¼ ounce (7.09 grams) per package. The potency of flower is displayed as a %.
- **Cannabis Vape Oil (THC Potency: 30 to 80%):** Cannabis oil contained in an electronic smoking device that is meant to be heated, aerosolized, and inhaled are available in sizes ranging from 0.3g to 2g of oil. The potency of vape oils are expressed as a %.
- **Concentrated Extracts (THC Potency: 40 to 90%):** Cannabis manufactured either in

solid form, including wax and shatter, or in liquid form as oil can be found in packages from 0.5g to 2g. The potency of concentrated extract can be expressed as a % and mg.

- **Edibles (THC Potency: 2 to 10mg per serving):** Edible products are restricted to contain no more than 100mg total of active THC. Within each package, each single serving of a cannabis product contains no more than 10mg of active THC. Package size can vary from 10 to 20 unit packs depending on the potency of THC per serving.
- **Tinctures (THC Potency:Varies):** Cannabis tinctures are packaged so that you can control the dosage yourself. The dosage bottles generally contain a dropper marked with quarter (0.25)mL measurements. Determining the potency of a tincture can be tricky as it can be displayed as a % or mg of the bottle or recommended dose. It is recommended that you speak with the dispensary staff to get the most accurate dosing information for each tincture.
- **Topicals (THC Potency: 100 - 200m):** Cannabis extract preparations, prepared as an ointment, gel, cream, or lotion and intended to be applied to the skin or hair are packaged in bottles ranging from 1-2 oz. Potency for topicals are expressed in % and mg.







## Methods and Forms for the Consumption of Cannabis Products

Cannabis can be consumed or inhaled through various alternative methods beyond traditional smoking. Edibles, such as gummies, brownies, and beverages, offer a discreet and smoke-free option, with effects that typically take longer to manifest but last longer. Tinctures can be ingested directly or

added to food and drinks, providing a customizable dosage. Vaporization, using vape pens or desktop vaporizers, heats the cannabis to release active compounds without combustion, reducing harmful byproducts. Additionally, cannabis concentrates, such as wax, shatter, and rosin, offer potent forms of the plant that can be dabbed or

vaporized for a more intense experience. These diverse methods cater to varying preferences and medical needs, enhancing the accessibility and versatility of cannabis use.

**Inhaling cannabis flower/bud is the most common method of use.** Whether vaporizing or smoking the bud, this remains the fastest acting way to consume cannabis.

- **Dry Herb Vaporizer:** a device that applies heat to ground cannabis flower, without burning it producing a more delicate and flavorful taste with less of the smell.
- **Joint:** sometimes called a cannabis cigarette, consists of ground flower rolled in smokable rolling paper.
- **Blunt:** larger than a joint and consisting of ground flower rolled in a blunt wrap or emptied cigar.
- **Pipe:** one of the most common smoking tools, the compact design allows for a smoke on the go with only the ground flower, pipe, and lighter.
- **Bong:** aka water pipe, allows consumers to filter cannabis smoke through water before inhalation.

### OIL

- **Vape Cartridge or Pod:** Vaporizing concentrated cannabis oil offers a convenient and discreet method to consume cannabis. With a stronger potency than flower, one hit from an oil vape may provide the same amount of THC as a couple hits from flower.

- **Tincture:** Tinctures are liquid extracts made by soaking cannabis flowers or isolates in high-proof alcohol or glycerin, resulting in a potent and versatile product. Tinctures are typically administered sublingually, meaning a few drops are placed under the tongue for rapid absorption into the bloodstream

### CONCENTRATE (EX. BUDDER, CRUMBLE, ROSIN, SHATTER, SUGAR & WAX)

- **Dab Rig:** dabbing involves heating the concentrate to a high temperature with the use of a rig, nail, and torch. Dabbing is far more potent than using a flower in its basic form, so you won't need to use much to achieve desired effects.
- **Concentrate Vaporizer:** these handheld devices are meant for convenience and ease of use. Consisting of a mouthpiece, heating chamber, and dab tool for on the go use.

### EDIBLES

Food products infused with cannabinoids that offer a discreet and convenient way to consume cannabis. Edibles can come in various forms, such as gummies, chocolates, baked goods, and beverages, each providing a unique and flavorful experience.





## Safe Techniques for Use of Cannabis Items and Paraphernalia

**INHALING CANNABIS** - the most common method of use is inhaling cannabis flower/bud. Whether vaporizing or smoking the bud, this remains the fastest acting way to consume cannabis. It's a matter of personal preference which method you choose as the rest of the process remains the same.

**Effects:** Inhalation affects both the body and mind due to its rapid absorption into the bloodstream from the lungs.

**How to consume:** Place the tip of the vaporizer, joint, or pipe between your lips. Draw in vapor or smoke for 1-3 seconds. Remove the device from your lips, inhale fresh air until your lungs are completely full. Hold your breath for 3 seconds, then exhale completely.

**Onset:** 5-15 minutes

**Duration:** 1-3 hours

**EDIBLES/DRINKS** - Cannabis infused edibles and drinks offer an alternative method of consumer cannabis, providing a different experience compared to smoke or vaping.

**Effects:** Can be quite varied and are influenced by factors such as dosage, individual tolerance, and the type of cannabis used.

**How to consume:** Start low and go slow, especially if you are new to cannabis edibles. Common starting doses are 2.5mg to 5mg of THC.

**Onset:** 30 minutes to 2 hours

**Duration:** 4 to 8 hours, peak effects usually within 2 to 3 hours

**TOPICALS** - Cannabis-infused creams, lotions, and oils can be applied directly to the skin. Transdermal topicals and suppositories can produce a more pronounced relief as they are absorbed more easily into the skin.

**Effects:** Localized therapeutic effects to support pain management, inflammation control, relaxation and healthy skin.

**How to use:** Topicals such as creams and lotions are for external use only. You should avoid contact with sensitive areas such as the eyes, mouth or open wounds.

**Onset:** 15 to 30 minutes

**Duration:** 2 to 4 hours

Mixing the consumption of cannabis with food, alcohol, coffee or other substances may enhance or alter the effects. By following these guidelines, you can have a safer and more enjoyable experience with cannabis.

**TINCTURE** - Alcohol-based cannabis extracts that can be placed under the tongue or added to food or drink.

**Effects:** Taken sublingually affects both the body and mind due to its rapid absorption into the bloodstream from under the tongue.

**How to consume:** Shake the tincture bottle well before each use. The dropper top included with the bottle should have mL measurements that you can use to control your dose. Take the dose sublingually, under the tongue and keep it there until it is absorbed or for 60 seconds then swallow the remainder.

**Onset:** When taken sublingually, drops will take approximately 10-40 minutes

**Duration:** 2-6 hours

**Topicals:** Topicals such as creams and lotions are for external use only. You should avoid contact with sensitive areas such as the eyes, mouth, or open wounds. Transdermal topicals and suppositories can produce a more pronounced relief as they are absorbed more easily into the skin.

**CONCENTRATE (EX. BUDDER, CRUMBLE, ROSIN, SHATTER, SUGAR & WAX)** - Potent extracts of cannabis that contain high levels of THC and other cannabinoids. They offer a powerful and often quicker experience compared to other forms of cannabis.

**Effects:** Concentrates can be more intense than other forms of cannabis due to their high potency.

**How to consume:** Various consumption methods by Dabbing, Vaping, Adding to Flower or Oral Consumption

**Onset:** Very rapid, especially when inhaled. Typically 1 to 15 minutes

**Duration:** 2 to 4 hours, peak effects usually within the first hour



# Signs and Symptoms of Substance Abuse

There are numerous opportunities to participate in substance abuse programs, offering individuals access to support groups, counseling sessions, and rehabilitation services designed to foster recovery and promote long-term sobriety.

## SIGNS OF CANNABIS ABUSE

- Using more of the substance than intended or requiring
- Continuing to use Cannabis despite negative consequences like physical or psychological concerns

- Neglecting or falling behind on responsibilities due to excessive Cannabis use
- Prioritizing Cannabis over previously enjoyable activities or time spent with friends or family
- Experiencing uncomfortable withdrawal symptoms when stopping or cutting back on Cannabis consumption

## SYMPTOMS OF CANNABIS ABUSE

- Mood Swings
- Sudden Depression
- Increased Heart Rate

- Withdrawal Symptoms
- Decreased Reaction Time
- Excessive Sleepiness & Fatigue
- Problems with Motor Coordination
- Distorted Sensory Perception
- Random Thinking
- Warped sense of time
- Short-Term Memory Loss
- Personality Changes
- Paranoia
- Anxiety
- Suicidal Ideation

***In an emergency, call 911. For 24/7 help finding treatment, please contact 1-844-REACHNJ (1-844-732-2465).***

# Opportunities to Participate In Substance Abuse Programs

- **Solstice Counseling and Wellness Center** – 29 South Broad Street, Woodbury, NJ 08096; solsticecares.com. PH: 856-345-1461
- **Family Care Connection** 44 Cooper Street Suite 6, Deptford, NJ 08096. PH: 856-579-7303
- **Inspira Health Center Woodbury** 509 North Broad Street, Woodbury, NJ 08096. PH: 856-845-0100, [inspirahealthnetwork.org](http://inspirahealthnetwork.org)
- **SOBA New Jersey Drug & Alcohol Rehab** – 104 Bayard Street New Brunswick, NJ 08901. PH: (732) 365-4316





# Cannabis Tolerance, Dependence, and Withdrawal

**T**olerance is a person's diminished response to a drug, which occurs when the drug is used repeatedly, and the body adapts to the continued presence of the drug. Which means the drug at its current dose has stopped working as effectively as it once did.



**Always listen to your body and mind, aim for moderation.**

**Why it Happens:** THC causes tolerance through repeated activation of CBI receptors which can lead to events inside the brain cell causing a weakened response to THC and then the removal of CBI receptors forces a person to need to consume more THC to get the same effect. Over time and with continued use, it may seem impossible to get an effect at all.

**How to Manage:** Time for a "Break"! One of the most common ways to lower your cannabis tolerance is to take a break from using cannabis. Even though THC can remove CBI receptors, they can recover over time and return to their previous levels.

**Dependence:** The definition of Cannabis

Dependence contains three critical element

- Preoccupation with the acquisition of Cannabis
- Compulsive use of Cannabis
- Relapse to or recurrent use of the Cannabis.

**Why it Happens:** THC triggers your brain to release large amounts of dopamine, a naturally occurring "feel good" chemical. It's what gives you a pleasant high. According to the National Institute on Drug Abuse, this dopamine cycle may also explain why cannabis users can develop cannabis use disorder.

**How to Manage:** Seek Help. For 24/7 help finding treatment, please contact 1-844-REACHNJ (1-844-732-2465)

When you are feeling moderate to low cravings try to center yourself:

- **Mediate:** ride the craving... notice it, let it go

- **Reflect:** what are you feeling? Physically what is happening?
- **Identify:** look for patterns in cravings (time, place, feelings, etc)
- **Learn:** what helps you ride them out?
- **Plan:** no blame, no shame... just plan for the next craving.

**Withdrawal:** Withdrawal is the physical and mental symptoms that occur after stopping or reducing intake of a drug. Withdrawal effects from a substance are often the opposite of the effects that the substance creates. Cannabis withdrawal isn't necessarily as intense as withdrawal from alcohol or other substances, but it can still be quite uncomfortable

## CANNABIS WITHDRAWAL SYMPTOMS

- Mood swings
- Fatigue
- Headaches
- Cognitive impairment
- Diminished appetite

- Stomach problems, including nausea
  - Insomnia
  - Intense, vivid dreams
- MANAGING CANNABIS WITHDRAWAL**
- Hydration and rest.
  - OTC medications to deal with headaches and nausea
  - Exercise and fresh air
  - Keep yourself accountable - remove any cannabis and notify those in your friends and family who will help keep you accountable.
  - Cannabis withdrawal symptoms usually only last for 72 hours.







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