



Methods and Forms of Cannabis Consumption: Inhalation

- Effects:
 - Onset: 5-15 minutes
 - Duration: 1-3 hours
 - Effects both the body and mind due to its rapid absorption into the bloodstream from the lungs.
- Forms:
 - Flower:
 - 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.
 - 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.