



Methods and Forms of Cannabis Consumption: Oral Ingestion

- Pills
 - Onset: 30-90 minutes
 - Duration: 4-8 hours
 - Effects are felt through the body and mind after being digested in the stomach and metabolized by the liver.
 - Forms:
 - Capsules contain extracted cannabis oil, concentrate, or powder and deliver a precise dosage. They offer convenience, discretion and longer lasting effects.
 - Tablets provide the ability to be cut, crushed, or dissolved for ease of use.
- Chewables/Gummies
 - Chewable cannabis products are a flavorful option for those who prefer not to swallow pills.
 - Onset: 30-60 minutes
 - Duration: 4-8 hours
 - Body and mind effects will vary based on the rate of digestion and metabolism.
- Lozenges/Strips
 - Fast-acting, reliable, and practical, lozenges offer an excellent alternative for consumers who don't want to inhale cannabis but need quicker relief than a capsule.
 - Onset: 15-45 minutes
 - Duration: 4-6 hours
 - When dissolved under the tongue, mind and body effects set in faster than if swallowed due to the absorption from the mucous membranes of the mouth directly into the bloodstream.
- Liquids
 - Onset: 30-90 minutes
 - Duration: 4-8 hours
 - Effects are felt through the body and mind after being digested in the stomach and metabolized by the liver.
 - Forms:
 - Oil Extracts can be ingested directly or added to food and beverages.
 - Tinctures are most often placed on the tongue and swallowed. Use in food or beverage is generally not recommended.