

## WHAT ARE POTENTIAL SIDE EFFECTS OF CANNABIS USE?

The effects experienced by the cannabis user are variable and will depend upon the dose, method of administration, prior experience, any concurrent drug use, personal expectations, mood state and the social environment in which the drug is used. Below are common known side-effects:

### Dry Mouth and Increased Appetite

The use of cannabis may result in increased thirst and/or hunger.

### Anxiety and Paranoia

If an user experiences these symptoms, they should try to relax, take deep slow breathes and try to avoid stressful environments.

### Red Eyes

Consumers frequently report bloodshot eyes this is usually temporary and harmless.

### Sleepiness

As the effects of the cannabis begin to wear off, one is more likely to feel drowsy. Driving should be avoided while using Cannabis.

### Loss of Short Term Memory

Try to avoid cannabis usage when doing complicated mental tasks or reduce the dosage if it becomes hard to concentrate on everyday tasks.

### Heart Palpitations

Unexpected changes in blood pressure and weak or unsteady heartbeat may be a sign of overmedicating. If reducing the dose does not eliminate the side effect, consult a healthcare professional.



## ARE THERE SIGNS OF ABUSE RELATED TO CANNABIS?

According to the American Addiction Centers Organization the following are signs of Cannabis Abuse:

1. Loss of control: using more cannabis or using it for a
2. Social impairments: not engaging in important work, social, hobbies, or recreational activities
3. Inability to stop: having the desire to quit or to reduce the amount of cannabis used but not being able to do it
4. Ignoring risks: ongoing use despite dangers
5. Cravings: Continued urge to use.
6. Frustration of existing issues: use even though worsening an existing physical or psychological problem
7. Troubles in main spheres of life: due to use, not being able to perform to one's daily standards
8. Tolerance building: over time, needing more cannabis in order to get the desired, familiar effect
9. Disregarding problems caused by use: despite the negative impact that the cannabis use is having on relationships, continuing to use the drug
10. Withdrawal: when not taking the familiar amount of cannabis or when stopping use completely, the emergence of withdrawal symptoms
11. Disproportionate focus: dedicating too much time to cannabis use.

## INFORMATION ON TOLERANCE, DEPENDENCE AND WITHDRAWAL

Cannabis use may lead to increased tolerance, dependence, and at times withdrawal.

Tolerance is defined as a person's diminished response to a drug that is the result of repeated use. Tolerance does not always equal addiction. Consumers of heated or burned cannabis may experience dependence and/or abuse symptoms. Daily users in particular might experience increased tolerance and withdrawal symptoms such as restlessness irritability, depression, mild agitation, nausea, insomnia, and other sleep related symptoms. However, the effects are usually mild and end after a few days.

## SUBSTANCE ABUSE PROGRAMS

The State of New Jersey offers assistance either by telephone, [1-844-732-2465](tel:1-844-732-2465) or the internet [www.nj.gov/humanservices/reachnj/](http://www.nj.gov/humanservices/reachnj/)

Additionally, local resources include:  
[www.burlingtonresourcenet.org/health-services/behavioral-mental-health/addiction-substance-abuse/](http://www.burlingtonresourcenet.org/health-services/behavioral-mental-health/addiction-substance-abuse/)



## CONSUMER EDUCATION

Educational Material for Cannabis Consumers  
in the State of New Jersey.

## WELCOME

Welcome to Highway 90. Included in this material are items that must be covered as directed by the State of New Jersey as well as other information hopefully useful to you as a cannabis consumer.

This material should be just a starting point and we encourage you to ask questions of us as well as educate yourself from other sources.



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## HOW MUCH CANNABIS MAY AN INDIVIDUAL POSSESS AND BUY IN NEW JERSEY?

Possession of up to 6 ounces of cannabis by an adult is legal.

Possession of more than 6 ounces of cannabis by an adult is a crime of the fourth degree punishable by 18 months imprisonment and a fine of up to \$25,000

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
- ✓ 4 grams of solid cannabis concentrates or resin, or the equivalent of 4 grams of concentrate in liquid form (solution in milliliters)
- ✓ 4 grams of vaporized formulations (oil)
- ✓ 1000 mg of multiple ingestible cannabis-infused products (10 100 mg packages)
- ✓ You may purchase a combination of the items above to equal 1 ounce

## WHAT IS CANNABIS AND THE ENDOCANNABINOID SYSTEM?

Cannabis is a psychoactive drug from the cannabis plant. Native to Central or South Asia, the cannabis plant has been used as a drug for both recreational and entheogenic purposes and in various traditional medicines for centuries. The endocannabinoid system (ECS) is a group of endogenous receptors located throughout the body: brain, organs, connective tissues, glands and immune system. Its goal no matter which system it is involved in is the same: homeostasis, to maintain a stable internal equilibrium despite disturbances from the external environment. Endocannabinoids are naturally occurring in the body, but at much lower levels than needed for the therapeutic range.

Cannabinoids (100's) are the active components in cannabis that affect the brain and provide a number of health benefits, ranging from pain relief to feelings of calm and well-being. Each strain of cannabis contains varying levels of individual cannabinoids, causing effects that are specific to the physiology of the particular person.

## METHODS OF USING CANNABIS

There are a number of ways to use cannabis. Following are a number of common methods of use:



**Smoking Raw Flower**

*Onset: 1-5 mins. Duration: 1-5 hrs*  
Is fast and effective with the medicinal effect being fully felt in a short time. But some strains may take longer. This delivery method is good for those needing fast relief. Cannabis may be ground/cut and then rolled into a "joint".



**Edibles**

*Onset: 1-2 hrs. Duration: 1-6 hrs*  
Ingredients of the cannabis plant can be extracted into fats (butters and oils) which can be used for making baked goods to provide relief to those who are unable to smoke, prefer ingesting or to complement smokings.



**Tinctures Teas**

*Onset: 5-30 min. Duration: 1-6 hrs*  
Tinctures can be added to drinks (hot and cold) and to a variety of food. Unlike edibles, tinctures are alcohol and glycerin based which can allow them to be easily mixed in a variety of beverages such as tea or coffee.



**Topicals**

*Onset and Duration: Variable*  
Topical preparations are made through extracting cannabis into handmade creations that can be applied to the skin such as ointments, lotions, lip balms, soap, to name a few. Topical delivery can be effective for arthritis, muscle spasms, rashes, and etc.



**Waxes**

*Onset: 1-5min. Duration: 1-5 hrs*  
Solvent-based extracts often come in varying wax-like forms, including bubble hash, rosin, diamonds, etc. Butane, CO2, and Ethanol are common "solvent based" extraction methods. While water is technically a solvent, ice water hash products are often referred to as "solventless" extraction.

Terpenes are the properties that create your favorite cannabis strain. With the wide variety of aromas, tastes, and textures, you can enjoy everything from the subtle wave of joy to the over-whelming relaxation of "couch-lock." With so many to choose from, there is a cannabis happy place for every user, especially as due to the endocannabinoid system not each product will effect each user in the same way.

Cannabis strains are divided into two categories, Sativa or Indica. These two groupings are based on the type of hybrid-traits the plant has, including taste and aroma, and what effects a strain has on the user. Typically, Indica strains give the users an all-over body relaxation. Sativa strains are known for their energizing, creative highs. The taste, scent, texture, and effect a strain gives goes way beyond the Indica vs. Sativa division. What variety of cannabis terpenes are in a particular strain and whether that terpene is primary or secondary is the real reason a strain is Indica or Sativa. Hybrid strains provide the best of both worlds.

## TEST DOSING

Each individual will experience the effects of cannabis differently. For example, a strain that makes some consumers sleepy might have the opposite effect on others. One person may get pain relief from a strain while another does not.

In general, however, the strength of the effects is dependent upon the amount of THC (the primary active ingredient) and other cannabinoids as described above. The amount of THC varies with the strain and the methods used in cultivation. There can be a great variation in the potency of different strains. The key is to use just enough to get the desired effect, while minimizing the negative side effects.

As a general rule, start slow and allow an effect to take before consuming more. Remember, certain delivery methods will take effect quicker than others. As a general rule, 2.5 mg of THC is a starting point for new users.

## TERPENES AND STRAINS

While there has been a movement in Cannabis away from THC based buying and lumping cultivars into sativa vs. indica based classification, most consumers still identify in this manner. We encourage you to research further terpene profiles and mood based buying as regulated markets evolve. In cannabis strains, there are both primary and secondary terpenes. The primary cannabis terpenes are the major influence on how the plant looks, tastes, and aroma it gives off. Secondary terpenes are the underlying substances that add depth and layers to all of these plant features.

