

# CBD

# VS THC

RESTART

## BOTH CBD + THC

### CANNABINOIDS

Did you know that CBD and THC are called cannabinoids? They are just two of over 100 active compounds found in cannabis! Cannabinoids play on our internal endocannabinoid system and receptors to produce effects.

### HEMP

Hemp is a type of cannabis plant that is classified as containing <.3% Delta 9 THC. As a result, Hemp is typically higher in CBD percentages, and as a result of that doesn't typically produce a high.

### MARIJUANA

Marijuana is also a type of cannabis plant that is traditionally associated with THC, and the effects of feeling high. While THC is more predominant, CBD is also found in Marijuana plants too.

## DIFFERENCES?

### EFFECT

CBD is known to be non psychotropic, whereas THC's like Delta 9 produce a "high" effect depending on how much you consume. A side effect of too much of either can be drowsiness, so document how much you take.

### DOSE

For beginners, always start with a low dose, however, it is unheard of to overdose on either cannabinoid. Just note, 10mg of CBD will effect you differently than 10mg of THC. So explore different doses, consumption methods, and cannabinoids.

### LEGALITY

While marijuana is still a federal controlled substance, hemp was federally legalized in 2018 opening up the CBD market, and the introduction of <.3% Delta 9 THC on a dry weight basis products. As long as it is hemp derived, it is federally legal.

### BENEFITS

There are a myriad of benefits for both cannabinoids, and some overlap when it comes to aiding sleep and pain, for example. But depending on your preference, one might work better than the other. So explore what works best for you!

## MAKE A CHOICE!

### CBD

Great to try if you're not looking for a psychotropic experience and just want to explore the potential benefits of cannabis. There are pure (0% THC) products as well as full spectrum (containing <.3% D9 THC) so depending on your preference there are a few things to explore!

### THC

You can explore THC a few different ways, in trace amounts (full spectrum) CBD products as well as trying THC on it's own. There are different consumption methods, and different doses to help you achieve different effects, so reach out and let's explore your canna curiosity.



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