

Which method of consumption is right for you?

Inhalation is the fastest method of delivering cannabis to the consumer's body. When inhaled, most of the cannabinoids enter the bloodstream through the lungs in a matter of minutes, and the psychoactive effects can last between 1 to 4 hours. Consuming cannabis through inhalation allows you to better control the strain, dosage, and source of your consumption. **There are 2 types of cannabis inhalation methods:**

Inhalation

Vaping

Vaping is a safer alternative to smoking as vaporizers heat the cannabis product at a lower temperature that allows for the THC and/or CBD vapors to be inhaled without burning plant material.



Vapes

Combustion

Combustion (or smoking) requires burning cannabis for the consumer to inhale the resulting smoke and achieve psychoactive or therapeutic effects. This method of consumption is not the healthiest if done consistently because inhalation of combusted products over long periods of time will cause some level of respiratory harm.



Joints



Blunts



Bongs

The onset for oral **ingestion** of cannabis is slower than inhalation and can take between 30 to 90 minutes to experience any psychoactive effects, however, those effects can last for up to 6 hours. The onset, duration, and effects of ingesting cannabis are based on the amount of THC consumed, and food intake prior to consumption.

Ingestion



Edibles



Oils



Tinctures



Beverages



Capsules

[Flip for more consumption methods](#)

Topicals

Topical application of cannabis does not cause any psychoactive effects, and is used to reduce pain and inflammation, making it more popular among older consumers. It has an onset of effects within minutes and can last between one to two hours.



Sublingual

The **sublingual** method allows cannabis to enter the bloodstream when dissolved under the tongue or held in the mouth. The onset and effect duration time of sublingual consumption is similar to that of orally ingested products, however, the results can vary depending on the type of product.



Concentrates

Concentrates provide a similar onset time and duration of effects to cannabis flower, allowing users to achieve a similar high. Dabbing is not recommended for new users as it requires an advanced knowledge of consumption methods and carries a risk of overconsumption.



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