

Dosing & Forms

There are many different types of products and ways to administer medical cannabis. Your recommending physician may have specified a dosage or form to try, or may have recommended that you consult with dispensary staff to find the best option.

When evaluating the best form and dose, you may consider cost, how quickly the medication begins working (onset), how long the effects last (duration), ease of use, and level of discretion.

At Amplify, you will always have the option of speaking with a registered pharmacist to help make the right decision.

Regardless of the form, the most important rule for dosing is **“START LOW AND GO SLOW.”** You can always take more, but you can not go back and take less.

Inhalation / Vaporization

Flower, vape carts, and specialty extracts such as wax, badder, shatter, delta shift, diamonds, sauce.

Vaporization of cannabis flower, cannabis vaporizer cartridges, and cannabis concentrates is the only approved form of inhalation in the state of Ohio. Inhalation of cannabis via smoking or combustion is expressly prohibited in Ohio.

How It Works:

Cannabis is heated to a temperature hot enough to release its cannabinoids and terpenes into the air for inhalation but not hot enough to cause the material to burn or combust. When inhaled, cannabinoids quickly enter the bloodstream through the lungs. Vaporizing can be less irritating to the lungs compared to smoking because there are no combustion byproducts.

Onset Time:

Fact acting - within seconds of inhalation.

Peak Effect:

Generally 15-30 minutes after onset.

We recommend new patients wait 10-15 minutes after a dose to make sure they have experienced the full effect before taking another dose.

Duration of Effects:

Generally 1 - 3 hours.

Caution: Inhalation of concentrated products by patients with a lower tolerance may result in effects lasting up to 12 hours.

What you should know:

Flower

- You may need a grinder to help break up the flower for easier use.
- There are handheld or desktop vaporizers that heat the flower to the desired temperature range to access the full benefits of whole-plant medicine. Cannabinoids are vaporized at higher temperatures, and terpenes at lower temperatures.
- Flower is not the best option if you are concerned about odor.
- **HOW TO:** Breakup or grind enough flower to fill the oven chamber according to the instructions for your dry herb vaporizer. Wait 1-2 minutes between inhalations to evaluate how the medication is affecting you and addressing your symptoms.

Vaporizer Cartridges (Vape Carts)

- Vape carts are filled with a concentrated cannabis oil containing the cannabinoids and terpenes extracted from the cannabis flower. The contents of the cartridges are heated using innovative, portable, discreet batteries.
- Vaporizer cartridges are more discreet for patients concerned about odor and ease of use.
- Vaporizer cartridges should be stored upright and not lying down.
- **NOTE:** Not every vape cartridge fits on every battery. Ask a dispensary agent for help determining whether a battery is approved for use with a particular cartridge.
- **HOW TO:** Inhale a short draw and wait 1-2 minutes between inhalations to evaluate how the medication is affecting you and addressing your symptoms.

Specialty Concentrates and Extracts

- Concentrates and extracts contain highly concentrated amounts of cannabinoids and terpenes and are produced using solventless, CO₂, or hydrocarbon extraction methods. The final products come in a variety of different formats and consistencies including live resin, distillate, crumble, batter, and shatter.
- There are specific vaporizers designed for the use of concentrate products. Ask your dispensary agent about approved devices.
- **NOTE:** A small amount of medication can produce potent effects. The highly concentrated cannabinoid levels can cause tolerance to develop quickly. New patients should exercise caution with concentrate products, as pronounced effects can last for up to 12 hours. **START LOW AND GO SLOW**
- **HOW TO:** Fill your concentrate vaporizer with no more than a rice grain-sized dose to start according to the instructions. Wait 1-2 minutes between inhalations to evaluate how the medication is affecting you and addressing your symptoms.

Ingestion

Infused foods, gummies, chocolate, mints, capsules/pills.

How it Works:

Edible products are digested and absorbed throughout the digestive tract, with the most absorption taking place in the small intestine. Once absorbed, cannabinoids are chemically altered in the liver in a process known as "first-pass metabolism" before they enter the bloodstream for distribution throughout the body.

Onset Time:

Anywhere from 30 minutes – 2 hours.

NOTE: Beverages infused with cannabinoids have a quicker onset than other edible products because some absorption takes place in the mouth sublingually, and through the stomach.

Peak Effects:

Generally between 2 – 5 hours.

Duration of Effects:

Up to 8 hours.

What You Should Know:

Patients who have had parts of their intestines removed or patients who have issues absorbing fatty foods may not experience relief with edibles or may require higher doses.

When eaten or swallowed, the effects of impairment caused by medical cannabis products are delayed and may take up to 2 hours to reach full effect. We recommend waiting at least 2 hours before evaluating the need to re-dose. **START LOW AND GO SLOW!**

Suggested Starting Dosages:

- New Patient: 2.5 – 5mg THC
- Occasional: 5 – 10 mg THC
- Frequent: 10 – 15mg THC

Topicals

Lotions, salves, and transdermal patches.

How it Works:

Infused topicals are absorbed through the skin in areas that are painful or tense. With lotions, creams, and salves, the cannabinoids cross through the skin and provide local relief without absorbing into the bloodstream, and generally do not have psychoactive effects. Topicals generally do not have psychoactive effects. With transdermal patches or gels, the cannabinoids may penetrate deep enough to be absorbed into the bloodstream and could potentially cause psychoactive effects with large enough dosages.

Onset Time:

Quick acting (2 – 5 minutes).

Duration of Effects:

- Topicals like balms and lotions: 1 – 2 hours
- Transdermal patches or gels: 6 – 12 hours

What You Should Know:

- Avoid applying near the underarms or groin.
- Never cut a transdermal patch.
- **HOW TO:** A small amount goes a long way! Start with a quarter-sized amount and rub in completely. Wash your hands after application.

Sublingual

Tinctures, sprays, dissolvable films.

How it Works:

Cannabinoids dissolved in a tincture or spray solution, or infused in a film, are absorbed directly into the bloodstream via blood vessels in the mucosal surfaces of the mouth and throat. Because the cannabinoids are absorbed in the mouth and throat, sublingual products act more quickly than edible products and also avoid first-pass metabolism in the liver.

Onset Time:

15-30 minutes.

Peak Effect:

Generally around 90 minutes.

Duration of Effects:

4 - 6 hours.

What You Should Know:

If a sublingual product is quickly swallowed rather than dissolved under the tongue, the cannabinoids will be processed in the digestive system, leading to delayed and potentially more potent effects, similar to an edible. Remember the effects are delayed! Wait 30 - 45 minutes after taking a dose to experience the full effects before determining whether an additional dose is needed.