



- What is cannabis?
  - Cannabis is derived from the cannabis plant, cannabis sativa. It grows wild in many of the tropical and temperate areas of the world. It can be grown in almost any climate, and is increasingly cultivated by means of indoor hydroponic technology.
- What is the main active ingredient in cannabis?
  - The main active ingredient in cannabis is called delta-9 tetrahydrocannabinol, commonly known as THC. This is the part of the plant that gives the "high."
- How is cannabis used?
  - Cannabis is used in three main forms: marijuana, hashish and hash oil. Marijuana is made from dried flowers and leaves of the cannabis plant. It is the least potent of all the cannabis products and is usually smoked. Hashish is made from the resin (a secreted gum) of the cannabis plant. It is dried and pressed into small blocks and smoked. It can also be added to food and eaten. Hash oil, the most potent cannabis product, is a thick oil obtained from hashish. It is also smoked.
- What is hashish?
  - Hashish is a cannabinoid, like marijuana. It consists of the THC-rich resinous material of the cannabis plant, which is collected, dried, and then compressed into a variety of forms, such as balls, cakes, or cookie-like sheets.
- What is hash oil?
  - Hash oil (also known as BHO, nectar, wax, full melt, honey, "dabs", or "budder") is a form of cannabis. It is a resinous matrix of cannabinoids obtained from the Cannabis plant by solvent extraction, formed into a hardened or viscous mass.
- What is BHO?
  - BHO is also known as Butane Honey or Hashish Oil and is a potent form of hash oil. It is manufactured by extracting the active ingredient, THC, through the use of butane and is extremely dangerous. Explosions can easily occur when butane is near a flammable source.
- What is the difference between hemp and marijuana?
  - Hemp and marijuana both come from the same species of plant—cannabis. However, hemp is generally harvested from a subspecies of the Cannabis genus, which, unlike marijuana, has virtually no psychoactive properties. Hemp varieties

are grown for their seed, oil, and fiber, whereas marijuana is grown for medicinal, recreational, and spiritual purposes.

- How is cannabis smoked?
  - Cannabis is usually smoked in hand-rolled cigarettes (known as "joints") or in special waterpipes ("bongs"). These pipes or bongs can be bought or made from things such as orange juice containers, soft drink cans or even toilet rolls.



Joint



Bong



Bong

- What are some other names for cannabis?
  - Cannabis is also known as marijuana, grass, pot, dope, Mary Jane, hooch, weed, hash, joints, brew, reefers, cones, smoke, mull, buddha, ganga, hydro, yarndi, heads and green.
- What are some of the short-term effects of cannabis?
  - The short-term effects of using cannabis may include:
    - Feeling of well-being;
    - Talkativeness;
    - Drowsiness;
    - Loss of inhibitions;
    - Decreased nausea;
    - Increased appetite;
    - Loss of co-ordination;
    - Bloodshot eyes;
    - Dryness of the eyes, mouth, and throat;
    - Anxiety and paranoia.

## Potency of Cannabis

- How strong is marijuana?
  - The main ingredient in marijuana responsible for its psychoactive, or mood altering, effects is a cannabinoid called delta-9-tetrahydrocannabinol, or "THC" for short. In combination with other cannabinoids, the amount of THC in marijuana determines the strength of the effect of the drug. The level of THC in marijuana is not always the same. It can vary depending on the strain or variety of the plant, the way in which the plant is grown, the part of the plant that is used, and the way the plant is prepared for use and stored.
- What parts of the plant are used?
  - The flowering tops, or "buds" of the female cannabis plant have the highest concentrations of THC, followed by the leaves. Much lower THC levels are found in the stalks and seeds of the cannabis plant.
- What is the concentration of THC for the various preparations of cannabis?
  - Hash oil: 15 – 30% THC
  - Hash: 10 – 20% THC
  - Marijuana: 1 – 20% THC
- Has the potency of marijuana increased over the past several years?
  - Yes, the cannabis today is stronger than before. The potency has increased 2 to 7 times since the 1970s, as measured by THC levels.

## Cannabinoids

- What is a cannabinoid?
  - There are 480 natural components within the cannabis sativa plant, of which 66 are classified as "cannabinoids." The effects of marijuana are moderated likely by cannabinoids. There are several subclasses of cannabinoids:
    - Cannabigerols (CBG)
    - Cannabichromenes (CBC)
    - Cannabidiols (CBD)
    - Tetrahydrocannabinols (THC)
    - Cannabinol (CBN) and cannabinodiol (CBDL)
    - Misc.
- What do the cannabinoids do?
  - Cannabinoids bind to cannabinoid receptors (CB1 and CB2) in the brain and peripheral nervous system where they affect memory, cognition and psychomotor performance. See above for what symptoms cannabinoids cause.
- What is the main difference between the cannabinoids?

- The main difference between the cannabinoids is the degree to which they cause psychoactive effects i.e. produce a high. Three classes of cannabinoids, the CBG, CBC, and CGD, are not known to cause a high or other psychoactive effects. THC, CBN, and CBDL are psychologically active to various degrees.
- CBD is one of the most abundant cannabinoids at up to 40% of cannabis resin, and it can have anti-anxiety effects and lessen the psychoactive effects of THC. The more CBD a formulation contains, the less psychoactive it is likely to be.

## **Marijuana Edibles**

- What are marijuana edibles?
  - Marijuana edibles are food items made with marijuana or marijuana oils, which can be used as an alternative to smoking or vaporizing marijuana.
- Are there different types of marijuana edibles?
  - Medibles come in many different liquid forms and food types, including:
    - Brownies
    - Cookies
    - Drinks
    - Popcorn
    - Candies, including animal or fruit-shaped gummies, suckers and chocolates
- How should edibles be stored?
  - Medibles and their packages are often brightly colored and grab the attention of kids. They may look like candy, drinks or other types of foods to young children. It is extremely important to keep these products locked up and out of reach of children and pets.
- Will ingesting marijuana affect someone differently than smoking it?
  - Yes. Unlike smoking marijuana, where the effects can be felt almost immediately, effects from medibles can:
    - Take from 30 minutes to 2 hours to take effect
    - Last longer than expected depending on the dose, last meal, and/or medications or alcohol used at the same time.
- Why do some medible products seem stronger than others?
  - The amount of THC can vary in marijuana edibles. This makes it harder to control how much THC is consumed. The amount of THC in homemade marijuana edibles can vary even more. Many users can be caught off-guard by the stronger potency and long-lasting effects of medibles.

- Who can buy edibles?
  - In Washington State, both medicinal and recreational marijuana are legal. Adults 21 and over can purchase up to one ounce of useable marijuana (the harvested flowers, or “buds”), 16 ounces of marijuana-infused edibles in solid form, 72 ounces in liquid form, and 7 grams of marijuana concentrates.
- What is the recommended dosage for edibles?
  - Washington’s definition of one edible dose is 10 mg.
  - Some edibles have more than one dose of THC and may come with directions to only consume part of the product.
  - Eating too much of an edible may produce unwanted health effects.
  - The effects of marijuana use of any kind can vary from person to person, and each person may have a different tolerance level.
  - Always read the dosing recommendations and know exactly how much THC is in the edible.



### Marijuana Edibles

**Call the Washington Poison Center at 1-800-222-1222 immediately for medical advice if you are worried about the health and safety of yourself, others or if your child has accidentally eaten an edible. All calls are free and confidential.**

