



Flower

Marijuana flower refers to the parts of the cannabis plant harvested for consumption—buds, stems, seeds, and leaves. Flower is most often consumed by smoking.



Concentrates

Concentrates are highly-potent forms of cannabis that come in a variety of styles. Because concentrates are so strong, it is important to consume them with caution.

Kief: Also referred to as dry sift or pollen, kief consists of the tiny, crystal-like growths covering cannabis flower.

Hash: Also known as hashish, hash is made from the resin of cannabis plants. Its consistency is usually dry, crumbly, and brick-like.

Butane Hash Oil (BHO): This concentrate is produced by using butane to extract cannabinoids—chemical compounds like tetrahydrocannabinol (THC) and cannabidiol (CBD)—from cannabis plants. The consistency of BHO products can vary from a glasslike “shatter” to a soft wax.

CO2 Oil: CO2 oil is produced by an extraction method that uses pressure and carbon dioxide to pull cannabinoids from cannabis plants. CO2 oil is usually consumed through portable vaporizer pens.

Rosin: This solventless concentrate is produced using heat and pressure: two plates are pressed together to squeeze resinous sap out of trichomes. Consumers may vape, dab, or use rosin through other methods.



Edibles

Edibles include products such as cookies, brownies, candies, and beverages that contain cannabis. It can take anywhere from roughly 30 minutes to four hours to feel the effects of an edible after consuming it, and those effects may last longer than expected. How edibles impact you depend on your metabolism, the amount you eat, and medications or alcohol used at the same time. The amount of cannabis in edibles also can differ product to product—for example, one cookie or brownie may contain multiple servings, so be sure to check the packaging for dosage information beforehand.

Compared to smoking or vaporizing, eating or drinking cannabis products may have delayed effects. As a rule of thumb, start low, go slow, and make sure you wait until you feel the full effects of the product before you have more.

Since marijuana-infused edibles look like regular food, it is especially important to keep them stored securely, locked and away from children and pets.



Topicals

Topicals include marijuana-infused lotions, balms, oils, and other transdermal products that are absorbed through the skin. Some people may find that they help relieve pain and calm inflammation, though more scientific research is needed. Topical products may not be psychoactive, meaning they do not get consumers “high.” However, transdermal patches (which deliver cannabis to the bloodstream) containing high THC content may cause mind-altering effects.



Ingestible Oils

Ingestible oils containing marijuana usually come in tablet or pill form. They are swallowed and digested similarly to cannabis-infused edibles.



Tinctures

Tinctures are cannabis-infused alcohol or oils administered orally in small amounts using a dropper or measuring spoon.

Reminder: If someone in your home accidentally ingests marijuana:



Serious reaction?
Call 911



Poison Control Hotline
800-222-1222



Pet Poison Hotline
855-764-7661

Know the Law

- You have to be 21 or older to buy or use marijuana of any kind.
- Any marijuana use is not allowed in public or on federal lands.
- Landlords, employers, and municipalities may have their own policies about the use, sale, or growth of cannabis.
- Don't drive if you've been using marijuana.
- You can have up to one ounce on you, and grow six plants in your home—or up to 12 with two or more adults.

LOCK IT UP

If you have more than 1 ounce of marijuana in your home, it must be locked up out of reach of children and pets.

Learn more at MoreAboutMJ.org

If you or someone you know needs help with a cannabis or other drug problem, call the Massachusetts Substance Use Helpline at 800-327-5050.

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