



2173 West Terra Lane  
O'Fallon, Missouri 63366  
636.887.0977  
www.missouriwild.com

### ***Cannabis Strains:***

Cannabis strains are typically referred to as sativa, indica or hybrid. Sativa strains tend to be better for daytime use and are used to induce creativity. Indica strains are associated with relaxation and typically used at night. Indica and Sativa strains have varying amounts of THC and CBD and other cannabinoids. Speak with our budtenders to determine the best strain for your lifestyle and/or medical condition.

### ***Cannabis consumption methods:***

**Inhaled:** Onset 1-5 minutes with a duration of 2-6 hours; examples: smoking, vaporizing. Fast onset, convenient, ease of dosing. Ideal for those who have swallowing issues.

**Swallowed:** onset 1-3 hours with a duration of 4-24 hours; examples: edibles, capsules, beverages. Start low and go slow! Start with lower doses such as 2.5 mg THC and wait 2 hours before re-dosing to avoid unwanted side effects.

**Sublingual:** onset 15-60 minutes with a duration of 2-12 hours; examples: tinctures. Absorbed into the bloodstream via blood vessels under the tongue.

**Topical:** onset 15-60 minutes with a duration of 1-8 hours; examples: lotions, salves, creams. Not likely to produce psychoactive effects. Works locally on surface of the skin.

### ***Potential side effects of cannabis:***

**THC specific side effects:** Sleepiness, confusion, weakness, tachycardia (fast heart rate), dry mouth, dizziness, agitation, restlessness, heart palpitations, increased appetite

**CBD specific side effects:** Headache, decreased appetite, abdominal pain, diarrhea

#### **Formulation specific side effects:**

Inhalation: throat and lung irritation, cough

Sublingual: taste disturbances, oral irritation, burning

Swallowed: nausea or abdominal discomfort

### ***Potential risks of cannabis:***

Cannabinoid Hyperemesis Syndrome (CHS): characterized by nausea, vomiting, sweating, irritability, agitation, desire to take hot baths or showers. Seek medical attention.

***Potential risks of cannabis (continued):***

Marijuana use affects brain functioning and is likely to cause physical and mental impairment.

Those who consume marijuana should not operate a motor vehicle or other similar equipment.

Secondhand smoke from marijuana can have psychoactive effects and should be avoided for all children.

Women who are or may become pregnant or are breastfeeding should avoid using marijuana as it may cause pregnancy complications, harm your baby's development, and result in a lower birth weight

***Local resources for addiction:***

**Bridgeway Behavioral Health**

1570 S Main St  
St. Charles, MO 63303  
636.224.1200  
www.pfh.org

**CenterPointe Hospital**

4905 Mexico Rd, Suite 100  
St. Peters, MO 63376  
877.908.1721  
www.centerpointehospital.com

**\*Also refer to Primary Care Physician**

***Poison control hotline:***

1-800-222-1222

**\*Seek medical attention if adverse effects or accidental ingestion occurs**

***Substance abuse and mental health services administration:***

SAMHSA National Helpline  
1-800-662-HELP (4357)

***DHSS Contact Information:***

**Division of Cannabis Regulation**

PO Box 570  
Jefferson City, MO 65102-0570

Toll-Free Access Line: **866-219-0165**  
(9:00 am - 4:00 pm CST Monday-Friday)

Email for general inquiries:

**[Cannabisinfo@health.mo.gov](mailto:Cannabisinfo@health.mo.gov)**