

# CANNABIS STARTER GUIDE

An Introduction to Cannabis  
for New Patients & Customers

# WELCOME TO YOUR CANNABIS JOURNEY!

Welcome to Jushi and our licensed cannabis dispensaries! Whether you're curious and new to cannabis, returning to cannabis after a long time, or ready to explore this wonderful plant further, this guide will help you feel more confident and informed.

We designed this guide to:

## 1. Normalize the cannabis experience

Just like coffee or wine, cannabis has many forms, flavors, and effects. There's no one right way to consume—it's about what works best for you.

## 2. Reassure patients/customers about legal products and safe access

Every product sold here is lab-tested and regulated by state law to ensure it's safe, properly labeled, and free from harmful contaminants.

## 3. Emphasize personalized wellness and education

Cannabis isn't one-size-fits-all. Whether you're seeking relief, relaxation, or recreation, this guide and our staff are here to support your journey.



# THE MAIN FORMS OF CANNABIS

 <p>FLOWER</p>	<p>Dried cannabis buds, whole or pre-ground, commonly smoked or vaporized</p>
 <p>EXTRACTS</p>	<p>Term for various concentrated forms of cannabis (e.g., hash, rosin, wax, shatter etc.) each made using different extraction methods</p>
 <p>VAPES</p>	<p>Oil-filled cartridges paired with a battery-powered vaporizer, also available as all-in-one/disposable devices</p>
 <p>EDIBLES &amp; DRINKS</p>	<p>Food or drink infused with cannabis, such as gummies or chocolates, or beverages like tea or sparkling water</p>
 <p>TINCTURES</p>	<p>Liquid cannabis extract taken under the tongue for fast absorption</p>
 <p>CAPSULES &amp; TABLETS</p>	<p>Pre-measured oral cannabis doses in capsule, softgel, or pill form</p>
 <p>TOPICALS</p>	<p>Lotions, balms, and creams applied to the skin for targeted, localized relief</p>
 <p>TRANSDERMAL PATCHES &amp; GELS</p>	<p>Products applied to the skin that deliver cannabinoids through the bloodstream over time</p>

# MODES OF ADMINISTRATION: WAYS TO USE CANNABIS

Method	Advantages	Disadvantages	Example Product
Smoking	Fast-acting, easy to control	Not ideal for lungs; produces smoke and strong odor	Pre-rolls, loose flower, whole flower
Vaporizing	More discreet/cleaner than smoking, preserves flavor	Requires device/repeated purchases of disposables	Vape cartridges, disposable vapes, dry herb vaporizer
Ingesting (Edibles & Drinks)	Long-lasting, discreet	Delayed onset, longer learning curve to dose accurately	Capsules, softgels, gummies, chocolates, infused drinks
Sublingual	Faster onset than edibles, easier to measure accurate dosing	Taste can be strong/earthy	Tinctures, dissolvable tongue strips
Transdermal	Continuous, gradual release of dose, less intoxicating	Slower to feel effects	THC/CBD infused patches
Topical	No intoxication, direct application for localized discomfort	Doesn't enter bloodstream, relief to applied area only	Creams, balms, roll-ons

# CANNABIS GLOSSARY: KNOW THE LANGUAGE

**Cannabinoids** - Natural compounds found in cannabis that affect your body and mind. THC and CBD are two of the most well-known cannabinoids.

**Cannabis** - A versatile plant with hundreds of chemical compounds, including cannabinoids and terpenes. The same species as hemp, but the term usually refers to varieties with 0.3% THC or higher.

**CBD (Cannabidiol)** - A non-intoxicating cannabinoid that may help with things like stress, inflammation, or sleep without making you feel "high."

**Cultivar** - A specific variety of the cannabis plant that's been bred for certain traits, like flavor, effects, or appearance. Think of it like a "type" of cannabis.

**Flower** - The harvested and dried buds of the cannabis plant. This is where cannabinoids and terpenes are most concentrated.

**Hemp** - Legally defined as cannabis containing no more than 0.3% Delta-9 THC. Commonly used for CBD extraction, textiles, and more.

**Hybrid** - Most modern cannabis cultivars are Hybrids - delivering a blend of the effects commonly referred to as Indica and Sativa. Hybrids can lean more toward relaxing or uplifting depending on the cultivar's lineage.

**Indica** - A type of cannabis often associated with relaxing, calming effects.

**Sativa** - A type of cannabis often linked to uplifting, energizing effects.

**Strain** - Another word often used to describe different types or varieties of cannabis. It's commonly used instead of "cultivar" when discussing cannabis.

**Terpenes** - Aromatic oils in cannabis (and other plants) that give it its smell and may also affect how it makes you feel (relaxed, alert, etc.).

**THC (Tetrahydrocannabinol)** - The main cannabinoid that causes the "high" feeling. It's psychoactive and can affect mood, thinking, and sensation.

# CANNABIS GLOSSARY: EFFECT TERMS

**Bioavailability** - How much of a cannabis compound (like THC or CBD) your body actually absorbs and uses. This can vary by product type (e.g., smoking vs. edibles).

**Decarboxylation** - The process of heating cannabis to remove carbon and “activate” THC, CBD, or any of the other cannabinoids so they can produce effects in your body (happens during smoking, vaping, or cooking).

**Duration** - How long the effects of cannabis last. Inhaled cannabis may last a few hours; edibles can last much longer.

**Entourage Effect** - The idea that cannabinoids and terpenes work better together than on their own, possibly enhancing cannabis’ overall effects.

**Full-spectrum** - A cannabis product that includes a range of cannabinoids and terpenes found naturally in the plant, not just THC or CBD alone.

**Intoxicating** - Causing changes in perception, mood, or consciousness—often associated with THC's psychoactive effects.

**Microdosing** - Taking very small amounts of cannabis to feel mild or subtle effects, often without getting “high.”

**Onset Time** - How long it takes for the effects of cannabis to start after using it. It can be seconds for inhaling, or up to an hour or more for edibles.

**Psychoactive** - Means it affects your mind or mood—like making you feel high, relaxed, or euphoric. THC and CBD are both psychoactive but typically create different mental effects.

**Tolerance** - The rate at which your body becomes accustomed to the effects of cannabis. As with most substances, over time, your body may get used to a certain dose and require more cannabis to feel the same effects.

# MEET YOUR CANNABINOIDS

## What is a Cannabinoid?

Cannabinoids are the natural chemical compounds found in cannabis. They interact with your body's endocannabinoid system, which plays a key role in regulating your mood, pain sensation, sleep, appetite, and more.

There are over 100 different cannabinoids in the cannabis plant, many with unique effects and benefits. While most research has focused on THC and CBD, new cannabinoids like CBG, CBN, and THCV are being studied for their promising roles in wellness.

### **CBGA**

"The Mother Cannabinoid"

The precursor that all other cannabinoids evolve from

### **THC**

Main psychoactive and intoxicating compound, often the most abundant cannabinoid in the plant

### **THCV**

A natural & intoxicating variant of THC, with potential to curb excessive appetite, may help with focus

### **THCA/CBDA**

Raw, non-intoxicating forms of these cannabinoids found in fresh cannabis flower

### **CBD**

Non-intoxicating, calming, typically the second-most abundant cannabinoid in the plant

### **CBC**

Non-intoxicating, demonstrates potential to be useful for pain relief

### **CBG**

Non-intoxicating, may help with discomfort, stress, and digestive support

### **CBN**

Mildly sedative; formed as THC degrades over time, especially when exposed to light, air, or heat.

# TERPENES: THE AROMA & EFFECTS

## What are Terpenes?

Terpenes are aromatic compounds found in cannabis—and throughout nature! They're responsible for the scents of pine trees, citrus fruits, lavender, and pepper, just to name a few. In cannabis, terpenes contribute not just to flavor and smell, but may also influence the plant's effects on your body.

Some terpenes may promote relaxation, while others may enhance focus or mood. When combined with cannabinoids, they contribute to what's known as the "entourage effect"—the combined experience of all the plant's compounds working together.

**FUN FACT:** Each strain has its own unique blend of cannabinoids and terpenes, which is why cannabis effects can vary so much from one strain to the next!  
You can think of it as:

STRAIN + TERPENES + CANNABINOIDS = ENTOURAGE EFFECT

Terpene	Aroma	Potential Effects
Myrcene	Earthy, musky	Sedating, relaxing
Limonene	Citrus	Uplifting, mood-boosting
Pinene	Pine	Focus, mood elevation
Linalool	Floral	Calming, relaxing
Caryophyllene	Peppery	Discomfort & stress relief
Humulene	Woody	Relaxing, relieving
Terpinolene	Fruity	Uplifting, energizing
Ocimene	Sweet	Uplifting, energizing

# CONSERVATIVE DOSING GUIDE: START LOW & GO SLOW

Please note this is a general guideline to dosing cannabis in a safe manner, with the goal of creating positive first experiences for newcomers - remember that cannabis affects everyone differently and always use your best judgment when consuming.

- **Edibles:** Start with 2.5 mg THC and wait 4 hours to determine effects. Effects may take 30 minutes to 4 hours to appear
- **Inhalables:** 1-2 puffs, wait 10-15 minutes to determine effects
- **Tinctures:** 0.25-mL, wait 15-30 minutes to determine effects

*Remember Tincture is meant to be Sublingual, not an Edible!*  
Start with 0.25mL and hold the liquid under your tongue for 1 minute, then swallow any remaining liquid. Wait at least 15-30 minutes before increasing your dose

## START LOW

Low dose, 1 method  
at a time



## GO SLOW

Wait & observe for  
effects before more



## TIPS:

- Wait at least 4 hours after taking an edible dose! Patience is key to a positive experience.
- Use a consistent method for measuring your dose
- Track time of use and wait before re-dosing
- Stay hydrated and be patient

# POTENTIAL SIDE EFFECTS & SAFETY TIPS

## \*Common Potential Side Effects:

- Dry mouth
- Red eyes
- Drowsiness or anxiety (especially with higher THC levels)
- Dizziness
- Impaired coordination or delayed reflexes
- Cardiovascular problems, psychosis, or exacerbation of anxiety and/or depression

*\*Please note the following list is not exhaustive and some people may experience other side effects that are less common than the ones listed above.*



## \*\*Avoid all cannabis products if:

- Pregnant or nursing
- Taking sedatives or antipsychotic medications
- Operating heavy machinery

*\*\*Always consult a healthcare provider if you have concerns about using cannabis products, especially alongside other medications.*

# HOW CANNABIS AFFECTS YOU: THE MOST IMPORTANT FACTORS

## Quantity

- Influences the strength and duration of effects
- Remember: Start low, go slow

## Method

- Consumption method affects onset speed and duration
- Different method, different results

## Experience

- Past experiences with one product don't guarantee the same with others
- Tolerance varies between methods
- You can always take more; you can't take less!

## Surroundings

- Time of day, mindset, and physical environment matter
- Know where you are and where you may be going!

## Biochemistry

- Bodies process cannabis differently – one size doesn't fit all
- Everyone's body is unique!

## Emotions

- Your mental state can significantly influence the experience: happy or sad, mad or glad!

### Friendly reminder:

Cannabis affects everyone differently. Your journey will be different from others you know - remember to start low, take it slow, and pay attention to how you feel for maximum benefits and enjoyment.



# YOUR PERSONAL CANNABIS JOURNAL

For the best understanding of how cannabis affects you, we recommend keeping a journal of your journey!

Date: \_\_\_\_\_

Product Name/Cultivar: \_\_\_\_\_

Form (Flower, Vape, Edible, etc.): \_\_\_\_\_

Brand: \_\_\_\_\_

Where Purchased: \_\_\_\_\_

Cannabinoid % (THC/CBD): \_\_\_\_\_

Terpenes Listed (if known): \_\_\_\_\_

Dose Taken: \_\_\_\_\_

Flavor/Aroma Notes: \_\_\_\_\_

'Before' Mood ( 😞 😞 😐 😊 😊 )

'After' Mood ( 😞 😞 😐 😊 😊 )

Onset Time (how long it took for effects to begin): \_\_\_\_\_

Duration (how long the effects lasted): \_\_\_\_\_

Intensity (1-10): \_\_\_\_\_

Effects Felt:

- Relaxed  Uplifted  Sleepy  Focused
- Anxious  Hungry  Creative  Pain Relief

Would Buy Again?  Yes  No  Maybe

Overall Rating: \_\_\_ out of \_\_\_

Notes:

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# CHECK OUT OUR OTHER RETAIL LOCATIONS

## California

**Santa Barbara, CA**  
3516 State St, Santa Barbara, CA 93105

# Illinois

## **Bloomington, IL**

1515 N Veterans Pkwy, Bloomington, IL 61704

## **Goose Lake**

2021 Goose Lake Road, Sauget, IL 62206

## **Normal, IL**

501 Northtown Road, Normal, IL 61761

## **Peoria, IL**

7620 State Route 91 Ste A, Peoria, IL 61615

## **St. Louis Metro East**

1401 Mississippi Ave Suite 17, Sauget, IL 62201

# Massachusetts

**Millbury, MA (Nature's Remedy)**  
266 N Main St, Millbury, MA 01527

**Tyngsborough, MA (Nature's Remedy)**  
420 Middlesex Road, Tyngsborough, MA 01879

# Nevada

**Incline Village, NV (Lake Tahoe)**  
877 Tahoe Blvd, Incline Village, NV 89451

**Las Vegas, NV (Sahara)**  
7885 W Sahara Ave, #112, Las Vegas, NV 89117

**Las Vegas, NV (Twain)**  
430 E Twain Ave, Las Vegas, NV 89169

# New Jersey

**Little Ferry, NJ**  
415 US-46, Little Fverry, NJ 07643

# Ohio

## **Cincinnati, OH**

693 Old State Route 74, Cincinnati, OH, USA

## **Mansfield, OH**

1515 Lexington Ave Mansfield, Ohio 44907

## **Oxford, OH**

5280 College Corner Pike, Oxford, OH 45056

## **Parma, OH**

6891 Ridge Rd, Parma, OH 44129

## **Springdale, OH**

12140 Springfield Pk, Springdale, OH 45246

## **Toledo, OH**

3534 Dorr St, Toledo, OH 43607

## **Warren, OH**

2107 Elm Rd. NE, Warren, OH 44483

# Pennsylvania

## **Ardmore, PA**

35 Cricket Ave, Ardmore, PA 19003

## **Bethlehem, PA**

3679 Route 378 Unit 10, Bethlehem, PA 18015

## **Bristol, PA**

2412 Durham Rd, Bristol, PA 19007

## **Dickson City, PA**

832 Scranton Carbondale Hwy, Dickson City, PA 18519

## **Easton, PA**

3812 Easton Nazareth Hwy, Easton, PA 18045

## **Irwin, PA**

9337 Lincoln Highway, Irwin, PA 15642

## **Johnstown, PA**

419 Lincoln St, Johnstown, PA 15901

## **Linwood, PA**

2400 Market St. Linwood, PA 19014

## **Mt Pocono, PA**

3192 Route 940, Suite 101, Mt. Pocono, PA 18344

## **Philadelphia, PA (University City)**

3519 Lancaster Ave, Philadelphia, PA 19104

## **Philadelphia, PA (Center City)**

1206 Sansom St, Philadelphia, PA 19107

## **Philadelphia, PA (N. Liberties)**

475 N 5th St, Philadelphia, PA 19123

## **Pittsburgh, PA**

2009 E Carson St, Pittsburgh, PA 15203

## **Pottsville, PA**

101 N Centre St, Pottsville, PA 17901

## **Reading, PA**

300 Cherry St, Reading, PA 19602

# Pennsylvania Continued

## **Scranton, PA (Moosic St)**

1137 Moosic St, Scranton, PA 18505

## **Stroudsburg, PA**

852 N 9th St, Stroudsburg, PA 18360

## **West Chester, PA**

1261 West Chester Pike, West Chester, PA 19382

# Virginia

## **Alexandria, VA**

5902 Richmond Hwy, Alexandria, VA 22303

## **Arlington, VA**

2701 Wilson Blvd, Arlington, VA 22201

## **Fairfax, VA**

10521 Fairfax Blvd, Fairfax, VA 22030 USA

## **Manassas, VA**

12980 Hansen Farm Rd. Manassas, VA 20109

## **Sterling, VA**

21290 Windmill Parc Dr, Sterling, VA 20166

## **Woodbridge, VA**

14400 Smoketown Road, Woodbridge, VA 22192

*Beyond Hello*



NATURE'S  
REMEDY

**NuLeaf**

Customer Care

+1(888)498-8842

[customercare@beyond-hello.com](mailto:customercare@beyond-hello.com)

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