

LeafJourney Reference Guide

Cannabinoids - Terpenes - Bioavailability - Dosing

MAJOR CANNABINOIDS

THC - euphoria, pain, appetite, nausea

CBD - calm, inflammation, seizures (non-intoxicating)

CBN - sedation, sleep support

CBG - focus, gut comfort, antibacterial

CBC - mood and inflammation support

TERPENES (aroma -> effect)

Limonene - citrus - uplifting

Pinene - pine - alert, clear-headed

Caryophyllene - pepper - calming, anti-inflammatory

Linalool - lavender - relaxing, sleep

Myrcene - earthy - sedating, body relaxation

BIOAVAILABILITY BY ROUTE

Inhaled (vapor/smoke) - onset 1-5 min - duration 2-4 h

Sublingual tincture - onset 15-45 min - duration 4-8 h

Edible/capsule - onset 30-120 min - duration 6-8 h

Topical - localized - no intoxication

HOW TO START - Start Low, Go Slow

1. Begin with the lowest dose.
2. Wait the full onset time before redosing.
3. A 1:1 CBD:THC ratio softens THC side effects.
4. Never drive within 4-6 hours of THC.
5. Tell your provider about every product you use.

Safety: cannabis can be bi-phasic - more is not always better. For education only; not medical advice.