



The purpose of this guide is to:

1. Provide a **basic overview** of marijuana & marijuana products and their consumption methods.

2. Discuss **onset** and **duration** times (methods and products); considerations for **serving sizes**.

3. Offer tips for an improved **experience**.

The Safer Consumption Guide



Note: Marijuana and marijuana products require different methods of consumption: inhalation, ingestion, and application (topical products).

Marijuana & marijuana products are not approved by the U.S. Food and Drug Administration to treat, cure, or prevent any disease.

Marijuana Products and Common Methods of Consumption – Inhalation:



Marijuana flower may be consumed utilizing devices such as a pre-roll, a pipe, or a device commonly referred to as a “bong.”



PRE-ROLL



PIPE



BONG

Most **marijuana concentrates & extracts** are consumed utilizing a device commonly referred to as a “vape pen.” Others may be consumed using a “dab rig.”



VAPE PEN



DAB RIG

Marijuana Products and Common Method of Consumption – Ingestion:



Note: It may take up to 2 hours to feel the intoxicating effects of infused-ingestible marijuana products.

Start low and go S-L-O-W.

Marijuana-infused ingestible products are commonly manufactured into **foods & beverages**:



FOOD PRODUCTS & BEVERAGES

Marijuana-infused ingestible products can also be consumed via a **capsule** (left) or a **tincture** (right):



CAPSULES



TINCTURES

Marijuana Products and Common Methods of Consumption – Application:



Marijuana-infused non-ingestible products are commonly manufactured into **balms, patches, and other topicals**:



BALMS



PATCHES



TOPICALS



Wondering which products are right for YOU?

Inquire at a licensed Montana dispensary with a budtender.

Marijuana products vary in their onset and duration.

Effects vary for individuals.



**Start low and go slow!
You can consume more but you cannot take less.**



Method of Consumption:	Associated Marijuana Products:	Onset:	Duration:
Inhalation	Pre-rolls, Flower, Pens, Concentrates	Rapid (approx. 5 minutes)	1-3 hours
Ingestion	Beverages, Capsules, Edibles	Slow (approx. 1 to 4 hours)	4+ hours
Sublingual Ingestion	Tinctures	Fairly Rapid (approx. 15-30 minutes)	1-3 hours
Topicals	Balms, lotions, salves	Intermediate	1-3 hours



What Is the Right Serving Size for you?

- What effects are you seeking?
- How potent is the serving size?
- What's the product's time onset and duration?
- What is your prior experience with consuming marijuana?



Tips for an Improved Experience:



If you take medication(s), speak to your medical prior to consuming marijuana.

Only purchase products from a licensed dispensary – products are tested!



Choose a comfortable environment for consumption.

Start low and go slow. You can take more, not less.



Stay hydrated & eat.

**Do not drive.
Use alternative
transportation.**



**Properly dispose of
consumed/leftover
marijuana products.**



**Lock and store your
products away from
minors and pets.**

