

Smoking

Onset: 5-10 Minutes

Duration: 1-3 Hours

Smoking refers to the process of heating cannabis to combustion temperatures, and then ingesting the gaseous particles that have been created. Although smoking typically has the fastest onset of any method of ingesting cannabis, effects of smoking cannabis can vary widely from one variety of cannabis to the next. Mostly a heavy cerebral experience, smoking tends to be felt first in the head then moving throughout the body gradually depending on the specific strains effects. Flower can be smoked in a variety of ways: a water bong, a joint, a pipe, or a chillum are just some of the many options. As a precautionary measure, patients with certain pre-existing conditions related to asthma, COPD, bronchitis, or heart conditions, as well as those who are pregnant or elderly, are guided away from smoking as an option because of the health risks associated with this type of consumption.

Vaporizing

Onset: 5-10 Minutes

Duration: 1-3 Hours

Vaporizing is a healthier alternative to smoking, providing the same fast onset with a gentler, less head heavy experience. Vaporizers, such as Theory's T-PENs, work by exposing the cannabis to lower temperatures than normally used for combustion (like when smoking a joint or a pipe). The resulting lower temperature cannabis vapors create an enhanced taste profile, and removes many of the less desirable effects of smoking cannabis, such as "mental fog", or irritation of the lungs. Theory's T-PENs are designed to be discrete and produce minimal scent, making this a fantastic option for those looking to keep discretion with their cannabis use.

Concentrates

Onset: 1-10 Minutes

Duration: 1-3 Hours

"Concentrates" refers to a broad category of cannabis products that have been refined to increase the potency of the cannabis. Theory's SAP, ROSIN, and VAPE PEN CARTRIDGES are all forms of concentrates and can vary in potency from (70% to 99% TAC). Since the potency is much higher than flower (concentrated), much less is typically needed for a patient to reach their desired effect. Concentrates can be used in either a vaporizer pen (Theory's T-PEN) or a rig (water pipe made specifically for concentrates). Fast acting and potent effects are felt seconds after inhaling, meaning this is a great option for patients who need a large dose of medicine in a short period of time.

Sublingual

Onset: 7-15 Minutes

Duration: 3-4 Hours

Sublingual administration typically comes in the form of a tincture. Theory's TINCTURES combine organic coconut oil with distillate, providing a smooth, consistent, easy-to-dose medicine. Drops are applied under the tongue, and the liquid is quickly absorbed. Combining the expedient onset of smoking with the longer lasting effects of edibles, tinctures are perfect for discrete, accurate, and extended dosing.

Topical

Onset: 30 Minutes

Duration: 1-3 Hours

Theory's TOPICALS infuse cannabis concentrates into a salve. One of the most notable benefits of this method is that no psychoactivity, or "high", occurs upon application. Spot specific application may work to help topical skin issues like psoriasis and eczema, as well as provide relief for tight and painful muscles. Some patients report they can feel a tingling, or a gradual lightening of their symptoms about 30 minutes after application of a medicated topical.

Capsules

Onset: 1-3 Hours

Duration: 6-8 Hours

Theory's CAPSULES are made by inserting measured doses of cannabis concentrate into a capsule for oral ingestion. The onset of effects from capsules is typically slower than other methods of cannabis ingestion, but the effects normally last twice as long. Capsules are an excellent choice for those who want consistent, steady effects throughout the day. Capsules' effects tend to radiate from the stomach, moving outwards through the rest of the body. This unique circulation lends capsules to a less cerebral and more physical sensation, felt over the entire body.

Edibles

Onset: 1-3 Hours

Duration: 3-6 Hours

Theory's CHEWS, an edible infused with activated cannabis, are a tasty and convenient way to administer accurate doses of cannabis, and an excellent option to manage long lasting effects. Effects from ingesting edibles are typically felt for 3-6 hours or more. Please note – with edible products in particular, it is important to start with a low dose to work up to your ideal therapeutic effect as well as beware of the delayed onset and not over-medicate without waiting 1-2 hours for the effects to be fully felt.