

# OUR METHODS AND DOSING CHART

The dosing guideline that Cape Ann Cannabis recommends is **“Start Low and Go Slow.”** Try a low dose, then increase very slowly until your desired effect is achieved.

METHOD	DESCRIPTION	START LOW	GO SLOW	ONSET	DURATION
<b>Tinctures</b>	Taken sublingually (under the tongue), the active ingredients are absorbed directly into the bloodstream so effects can begin quickly and last long.	Start with 1 serving of 1-5mg under the tongue for 30-60 seconds until you know how it will affect you.	Wait 1-2 hours before taking an additional dose if needed.	Effects begin within 15-60 minutes. Peak effects at 90 minutes.	Effects may last 6-8 hours or more.
<b>Edibles</b>	Ingested cannabis is metabolized by the liver before it enters the bloodstream so effects take longer to begin and last longer than other methods.	Start with 1 serving of 1-5mg until you know how it will affect you.	Wait at least 2 hours before ingesting more if needed.	Effects may take up to 2 hours or more to begin. Peak effects at 2-3 hours.	Effects may last 4-8 hours or more.
<b>Topicals</b>	Active ingredients bind to cannabinoid receptors in the skin to provide localized relief. With most topicals, cannabinoids can't breach the bloodstream, resulting in little to no "high" effect. Wash hands after every use.	Start with applying a very small amount to test for allergic reaction. Then apply as needed, when needed.	Wait 10-20 minutes before applying more.	Effects begin within 5-10 minutes. Peak effects at 1-2 hours.	Effects may last 2-4 hours or more.
<b>Inhalation</b> (Smoking or Vaping)	Active ingredients of inhaled cannabis pass into the bloodstream through the lungs making it the fastest acting method.	Start with one inhalation lasting 3 seconds until you know how it will affect you.	Wait 10-20 minutes before taking another inhalation if needed.	Effects begin within 1-15 minutes with peak effects at 30 minutes.	Effects may last 2-4 hours or more.
<b>Concentrates</b> (Dabs, Wax, Shatter)	Not recommended for new users. The effect is much more intense than smoking or vaping and requires more set up.	These hit hard, so start with one and see how you feel. Make sure there is water on hand, and somewhere you can lay down if the dose was too much for you.	Wait 30 minutes before using more.	Effects begin within 1-5 minutes. Peak effects at 10 minutes.	Effects may last 2-6 hours or more.