

# METHODS OF CONSUMPTION

Use this chart to help determine your own preferred method of consuming cannabis.

METHOD	PRODUCTS	ONSET*	DURATION*
Inhalation	Flower, Vape & Concentrates	Immediate - 5 Minutes	1 - 3 Hours
Sublingual	Infused Oils, Oral Sprays & Lozenges	15 - 60 Minutes	2 - 6 Hours
Ingestion	Infused Foods, Capsules & Beverages	30 - 120 Minutes	4 - 8 Hours
Topical	Lotions & Salves	Local & Fast-Acting, Within 30 Minutes	1 - 4 Hours
Transdermal	Patches & Gels	Systemic & Fast-Acting, Within 30 Minutes	4 - 12 Hours
Internal	Suppositories	Systemic & Fast-Acting, Within 30 Minutes	2 - 6 Hours

\*These are general guidelines that we find hold true for the majority of customers after they have determined their minimum effective dose. Your personal experience may differ. Keep a journal and track your own results. These statements have not been evaluated by the FDA.

For a more in-depth look into each method of consumption, please visit [www.cvdvt.org/resources/using-medical-marijuana](http://www.cvdvt.org/resources/using-medical-marijuana)

