

Safe Use

- do not drive or operate heavy machinery if *impaired* by cannabis (indicas can be especially sedating)
- cannabis mixed with alcohol may cause vomiting/nausea
- those receiving digitalis or other cardiac medications should only use cannabis under strict supervision by a medical doctor
- when eating cannabis preparations we strongly recommend starting with a small bite, waiting 90 minutes and increasing amount if needed
- the effects of edible cannabis products may be more psychoactive than smoking, and/or cause extreme muscle relaxation
- **we recommend choosing organic cannabis whenever possible**, especially for people with compromised immune systems.

Side Effects

- cannabis may cause dizziness due to lowered blood pressure
- cannabis may cause a decrease in coordination and cognition, and short-term memory loss while medicated
- heart rate and/or blood pressure may increase initially which may be problematic for those with heart conditions or severe anxiety

Why Ingest Orally

Cannabinoids are fat-soluble, meaning that they bind to fat cells and can be broken down with solvents; this also means that they don't break down well in water. As a result, high fat products like butter, oil or alcohol are ideal to extract and deliver cannabinoids to the human body.

When oil-based cannabis products are ingested (like cookies or olive oil), they are broken-down through the stomach and then the duodenum before being processed by the liver. The strong alkaline produced by this process is called **11-hydroxy THC**, a cannabinoid with stronger psychotropic effects than simple THC. This process can take from 30 to 120 minutes and limits control of dosage. The advantage is that a small dose is often very effective.

When alcohol-based products (like tincture) are ingested, the alcohol acts as a delivery method as it circumvents the digestive tract by being absorbed directly into the bloodstream through the pharynx and stomach lining. As a result, alcohol-based products are fast-acting (15-45 minutes) but not necessarily long-lasting.

- effects vary from person to person -

The Vancouver Island Compassion Society



Medical Cannabis By-Product Guide

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VICS By-Products & Alternatives to Smoking

VICS Cannacookies

The VICS cookies are made with cannabis butter, oatmeal, sugar and raisins. Persons may find the cookies useful for pain control, sleep, nausea control and appetite stimulation. For maximum effect, ingest on an empty stomach. Cannacookies can have a very strong narcotic effect. It is recommended that you do not drive or perform difficult tasks after eating them.

Initial Dosage:

1/8 to 1/4 cookie is recommended, especially for those who have never used edible cannabis products. If no effect is felt within two hours, increase by up to 1/4 cookie. As tolerance increases it is safe to increase dose by 1/2 cookie. Effects will last from 2-8 hours, with a potential for mild residual effects lasting up to 12 hours.

VICS Cannabis Caramels

The VICS caramels are a gluten-free oral alternative. Suggested initial dose is 1/4 to 1/2 of a caramel.

VICS Cannaoil

The VICS cannabis oil is a solution of cannabis and olive oil. Persons may find the oil useful for pain control, especially those with digestive disorders and stomach pain. Oil can also be effective for sleep, nausea control and appetite stimulation. It can be taken orally on its own, or used in food or baking (oven no hotter than 325°F or 160°C). Cannaoil can have a very narcotic effect. It is recommended that you do not drive or perform difficult tasks after taking cannabis oil.

Initial Dosage:

1/4 to 1-1/2 teaspoon(s), hold under tongue for a few seconds, then swallow the remainder; effects will be felt more rapidly on an empty stomach. If no effects are felt within 1 hour, take an additional 1/2 tsp. each hour until effects are felt. Duration of effects will vary from 2-4 hours. As tolerance increases it is safe to increase the dose by 1/2 tsp until desired effect is reached.

VICS Cannamist

The VICS cannabis tincture is an alcohol-based solution applied to the oromucosal membrane (mouth / cheeks) through a fine mister. Alcohol is used to separate cannabinoids from the plant matter, and mint and honey are added to improve the taste. Cannamist relaxes muscles and is useful for the treatment of many different situations. Its effects are felt more quickly than other alternatives to smoking.

Initial Dosage:

Spray 1 or 2 times into the mouth and wait a few seconds before swallowing. Wait 15 minutes, and repeat if desired effect has not been reached. Repeat as necessary. Dosage will vary between users, but should remain fairly constant once established. Effect will last for between 1-2 hours. Repeat use as needed.

VICS Topical Salve

The VICS topical salve, made with Cannaoil and beeswax, is applied externally to provide mild relief for muscle and/or joint pain.

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