

# PATIENTS DESERVE TO KNOW DELIVERY METHODS

As a patient, you can use cannabis therapeutically by: inhaling vapors (vaping) or smoke (smoking\*), ingesting cannabis that is infused in food or drinks, taking liquid extracts such as tinctures under the tongue, and applying cannabis lotions, salves, or transdermal patches to the skin.

## DELIVERY METHODS WE OFFER:

### **CAPSULES**

A more traditional delivery method that may prove popular with patients who are new to cannabis.



### **TINCTURES**

Tinctures are discreet and their enhanced bioavailability reduces the time-to-onset, thereby enabling the patient to more effectively self-titrate.



### **TOPICAL LOTIONS AND SALVES**

Especially useful for patients suffering from localized pain, including arthritis. Typically made using coconut oil, topicals and salves contain two ounces of total product.



### **LOZENGES AND CHEWABLES**

Candies and gummies taken orally are infused with varying doses of cannabinoids. These products are available in a variety of flavors.



### **FLOWER**

Still the most common form of cannabis, it is the dried plant in raw form and can be either vaporized or smoked. Inhalation has the fastest onset, although smoking is not the recommended method.



### **EDIBLE BAKED GOODS**

These cannabis-infused products are popular with therapeutic cannabis patients and provide long acting symptom relief with no respiratory irritation.



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## DELIVERY METHODS WE OFFER:

### **TRANSDERMAL PATCHES**

Transdermal patches allow patients to discreetly receive extended release low-dose therapeutic cannabis.



### **INFUSED BEVERAGES**

Infused beverages and powder drink mixes allow for discreet, easy dosing. Infused beverages offer a slightly faster onset time than other ingestion methods.



### **VAPORIZER PEN CARTRIDGES**

These are convenient and discreet disposable oil-based cannabis concentrate cartridges that have proven very popular in other therapeutic cannabis markets.



## ONSET AND DURATION LENGTHS:

### **TINCTURES**

**Onset:**  
within 5-30 minutes  
**Duration:**  
1-6 hours

### **TOPICAL**

**Onset:**  
within 1-2 hours  
**Duration:**  
6-12 hours

### **INGESTION**

**Onset:**  
30 minutes to 2 hours  
**Duration:**  
6-8 hours

### **INHALATION**

**Onset:**  
within 1-5 minutes  
**Duration:**  
1-4 hours

Temescal Wellness promotes the responsible use of therapeutic cannabis for patients registered in accordance with New Hampshire law. Patients should use cannabis only under the advice of a certifying provider.

### Sources:

<http://integr8health.com/resources/patient-handbook/>

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