

# Understanding Your Dosage

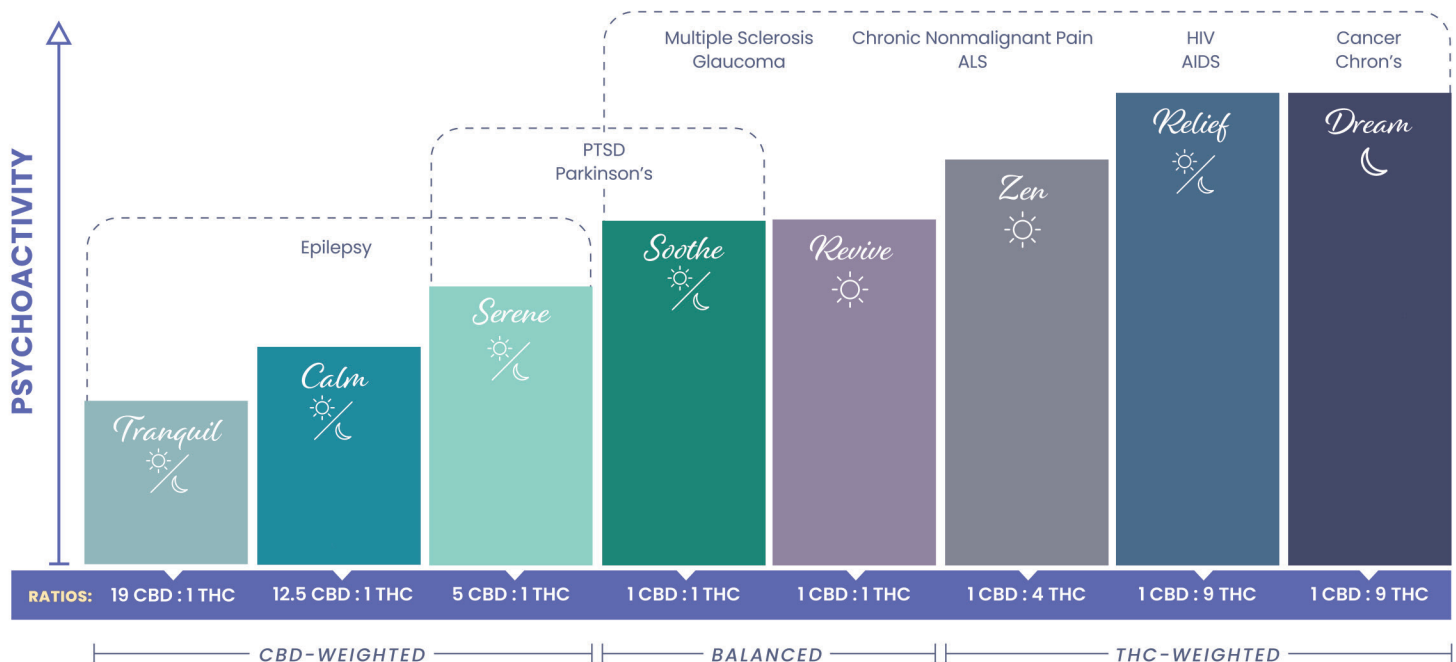
As your doctor determines the best products for you, keep these two factors in mind:

## 1 YOUR TOLERANCE

If you're new to cannabis, or if it's been a long time since your last experience, you probably have a low tolerance. If you're more of a seasoned consumer, you might need a higher dose to feel the full effects.

## 2 DESIRED EFFECTS

Some people are looking for products with a more psychoactive – or “high” effect – others prefer more low-key products that typically don't create any mental or euphoric effects. It's up to you and your doctor to decide which is right for you.



Physician Notes: \_\_\_\_\_

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**SURTERRA**  
PREMIUM CANNABIS

# Understanding Cannabis Products

Cannabis terminology can be confusing. Work with your doctor to decide which type of product will best suit your needs.

## PRODUCT CATEGORIES & INTAKE METHODS

We offer a wide range of products that could work well for both new patients and experienced consumers alike. Your doctor will recommend specific routes of administration (ROA) for you along with the product types they think you'll benefit from the most.

 <b>Flower</b> (Smokable) <b>Typical onset time:</b> 2 – 10 min <b>Average duration:</b> 1 – 3 hrs	 <b>Vapes</b> (Inhalation) <b>Typical onset time:</b> 2 – 10 min <b>Average duration:</b> 1 – 4 hrs	 <b>Concentrates</b> (Inhalation) <b>Typical onset time:</b> 2 – 10 min <b>Average duration:</b> 1 – 3 hrs
 <b>Edibles</b> (Edible) <b>Typical onset time:</b> 30 min – 2 hrs <b>Average duration:</b> 6 – 8 hrs	 <b>Distillate</b> (Inhalation, Oral & Sublingual) <b>Typical onset time:</b> <10 – 90 min <b>Average duration:</b> 1 – 6 hrs	 <b>Tinctures</b> (Oral & Sublingual) <b>Typical onset time:</b> 30 – 60 min <b>Average duration:</b> 6 – 8 hrs
 <b>Theragels</b> (Oral) <b>Typical onset time:</b> 30 – 60 min <b>Average duration:</b> 6 – 8 hrs	 <b>Patches, Lotion &amp; Balm</b> (Topical) <b>Typical onset time:</b> 5 – 15 min <b>Average duration:</b> 4 – 6 hrs	<div>Take this short quiz to find the perfect product for you! </div> 

## INDICATIONS

### ▶ Sativa

Sativa strains & blends are generally believed to be uplifting and energizing, with effects that are more cerebral than physical. Most people experience an elevated mood with a boost of creative and social energy.

### ▶ Hybrid-Sativa

Hybrid-Sativa strains are technical hybrids that contain more sativa genetic traits. Most people will experience an uplifted mental state with mellow physical effects.

### ▶ Hybrid

Hybrid strains and blends are made up of both sativa and indica genetics. Most people experience a balanced effect of physical relaxation and uplifted mental state.

### ▶ Hybrid-Indica

Hybrid-Indica strains are technical hybrids that contain more indica traits. Most people will experience a calming physical effect along with an uplifted mental state.

### ▶ Indica

Indica strains and blends are typically considered to be calming and sedative, with most people experiencing an all-over relaxing effect on their body and mind.

Specific results will vary by person and product. For questions about our products, dosing instructions, or the MMUR, please contact our Call Center at (850) 391 – 5455.