

How can medical cannabis be used?



INHALATION

Vaporizing heats up the cannabis without burning it (unlike smoking).

ONSET EFFECT: SECONDS TO MINUTES

EFFECT DURATION: UP TO 6 HOURS*



INGESTION

Cannabis is taken by mouth (swallowed). Commonly taken in the form of cannabis oil or softgels.

ONSET EFFECT: 30 MINUTES TO 2 HOURS

EFFECT DURATION: UP TO 12 HOURS*



TOPICAL

Applied directly to the skin, commonly in the form of creams or lotions. Targets specific areas for relief (localized effect).

ONSET EFFECT AND DURATION:
DEPENDING ON PRODUCT AND AREA
OF APPLICATION

*Some effects could last as long as 24 hours

Learn more about medical cannabis



POTENTIAL BENEFITS OF MEDICAL CANNABIS

Medical cannabis is often used by patients dealing with symptoms of various conditions, such as:

- nausea & vomiting
- spasticity
- pain
- seizure
- sleep disorders
- anxiety

CANNABINOIDS are the primary active compounds in cannabis - the most prominent & well-know being:

THC (tetrahydrocannabinol) is responsible for the psychoactive effects. It affects the brain, altering mood and mental state. It is considered to be effective for:

- pain relief
- nausea & vomiting
- muscle spasm reduction
- appetite increase

CBD (cannabidiol) can boost the positive effects of the body's natural cannabinoids. It is known for its therapeutic benefits without the 'high'. It is considered to be effective for:

- pain relief
- inflammation
- anxiety
- seizures

There are other minor cannabinoids that may also have therapeutic benefits such as:

- CBG (cannabigerol)
- CBC (cannabichromene)
- CBN (cannabinol)

TERPENES are responsible for the smell and flavor of cannabis, while flavonoids give it unique colors.



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Support For Every
Step of Your Journey**

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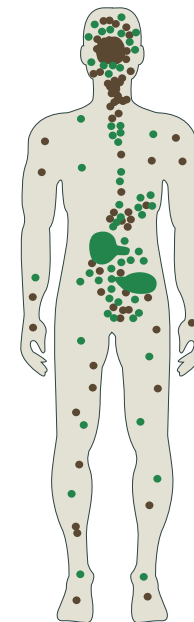
At Vitalicann, we believe patients deserve the best care. We are here to listen, learn, and support. Our goal is to make your medical cannabis journey seamless, effective, and empowering.

Thank you for trusting Vitalicann as your partner in medical cannabis care.

Medical cannabis is a plant-based product that helps manage various symptoms. Your healthcare provider has recommended it as part of your care plan.

How does medical cannabis work?

- The cannabis plant contains natural compounds that interact with the endocannabinoid system (ECS).
- The ECS regulates key functions like sleep, appetite, mood, pain and memory.
- It uses endocannabinoids as chemical messengers to initiate and maintain these processes.
- Medical cannabis compounds mimic natural endocannabinoids, supporting balance and essential functions by stimulating the ECS.



How do I find the right dose?

A conservative approach is recommended if you're new to medical cannabis. Patients should start with a very small dose until they know the effect it will have on their symptoms.*

Your daily dosage of medical cannabis will depend on several factors, including:

- the type and severity of your condition
- your experience with cannabis
- the delivery method you choose

Finding the right cannabis dose is a personal process. It's important to start with a low dose, gradually increasing until you achieve the desired effect.

Keep in mind that THC and CBD concentrations can vary across different products, such as oils and extracts. If you experience side effects, they are often manageable by lowering the dose or switching to a different cannabis product.

*Always consult your healthcare provider for guidance on the most suitable daily intake for you.

REFERENCES:

- Information for health care professionals: Cannabis (marihuana, marijuana) and the cannabinoids. Health Canada (2018)
- Consumer information - Cannabis (Marihuana, marijuana). Health Canada (2016)
- Cannabis consumer information sheet. Health Canada (2025)

We are happy to help!

**For any questions or additional information
contact our Vitalicann Care Team:**

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