

# 10 things to know about dosing medical cannabis



## 01 Your Treatment Goal

Consider your condition & symptom severity. More severe symptoms may require higher doses.



## 02 Start Low, Go Slow

Begin at 2.5mg THC. Wait 2 weeks before adjusting. Increase in small increments only.



## 03 Drug Interactions

Cannabis may interfere with the metabolic pathway used by 50%+ of medications. Tell your provider all.



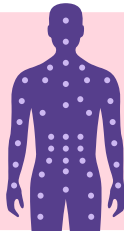
## 04 THC Tolerance

Beginners may feel anxious or drowsy. Small dose increments help you find your therapeutic zone safely.



## 05 Your Endocannabinoid System

Everyone responds differently. Women & younger users tend to be more sensitive to THC.



## 06 Product Type Matters

**Inhalables:** fast, ~2hr effect.  
**Edibles:** slow onset, up to 8hrs.  
**Topicals:** localized, minimal high.



## 07 Body Composition

Body weight influences optimal dosing. Consult your practitioner for personalized guidance.



## 08 Cannabinoid & Terpene Profiles

Full-spectrum has 150+ compounds. High-CBD = less intoxication. Terpenes affect sedation vs. uplift.



## 09 Timing of Use

Use lower THC products during the day. Myrcene/linalool strains support nighttime sleep.



## 10 Follow Your Provider's Advice

Your Leafwell practitioner tailors recommendations to your medical history and personal goals.



### THE BIPHASIC EFFECT — Know Your Dose

**CBD**

Energizing at low doses  
→ Sedating at high doses

**THC**

Antidepressant at low doses  
→ May cause anxiety at high doses

More is not always better. Finding your minimum effective dose is the goal.



Questions about your dose?  
Talk to your Leafwell practitioner today.

For educational purposes only.  
Not medical advice. Consult your licensed practitioner for personalized guidance.