



Chart: Cannabis Consumption Methods

Consumption Method	Advantages	Disadvantages	Percent Bioavailable	Time Until Onset	Duration Of Effects
I N H A L A T I O N					
Smoking	<ul style="list-style-type: none"> • Fast onset of effects • Easy to titrate 	<ul style="list-style-type: none"> • Carcinogens, smoke, odor, cough, congestion, sinusitis, carbon monoxide, and butane inhalation 	10 to 27%	30 to 90 seconds	2 to 3 hours
Dabbing	<ul style="list-style-type: none"> • Allows a very strong dose with a fast onset of effects 	<ul style="list-style-type: none"> • Carcinogens, smoke, odor, cough, congestion, sinusitis, carbon monoxide, and butane inhalation • Increased risk of dependency and tolerance • Concentrates may contain unhealthy residual toxins 	31 to 61%	30 to 90 seconds	2 to 3 hours
Vaporizing flower	<ul style="list-style-type: none"> • Convenient and discreet • No carcinogens, smoke, carbon monoxide, or butane inhalation 	<ul style="list-style-type: none"> • May destroy some terpenes • Odor, cough, carbon monoxide 	31 to 61%	30 to 90 seconds	2 to 3 hours
Vape pens with concentrate	<ul style="list-style-type: none"> • No smoke, carbon monoxide, or butane inhalation 	<ul style="list-style-type: none"> • Odor, cough, carbon monoxide • May contain unhealthy residual toxins and additives • Potential for increased tolerance 	31 to 61%	30 to 90 seconds	2 to 3 hours
Inhaler	<ul style="list-style-type: none"> • Standardized dosing • No odor, carcinogens, smoke, cough, congestion, sinus problems, carbon monoxide, or butane inhalation • Can deliver cannabinoids in acid form 	—	60 to 80%	3 to 5 minutes	Up to 90 minutes



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Edibles	<ul style="list-style-type: none"> No active components are destroyed by heat or lost through exhalation and no noxious byproducts are created THC is converted to a metabolite that is 3-7x stronger 	<ul style="list-style-type: none"> Inconsistent results Interacts with other medications 	4 to 12%	60 to 90 minutes	6 to 8 hours
Intraoral (Sublingual or Buccal)	<ul style="list-style-type: none"> No active components are destroyed by heat or lost through exhalation and no noxious byproducts are created Fast onset of effects makes this method easier to titrate than other methods 	—	40 to 98%	30 seconds to 5 minutes	2 to 3 hours
Juicing	<ul style="list-style-type: none"> Non-intoxicating Contains essential nutrients 	<ul style="list-style-type: none"> Requires access to fresh cannabis leaves 	Unknown	n/a	n/a
T O P I C A L					
Transdermal Patch	<ul style="list-style-type: none"> Good method for patients who have difficulty swallowing Provides consistent, constant levels of cannabis Avoids first-pass metabolism effects No active components are destroyed by heat or lost through exhalation and no noxious byproducts are created 	<ul style="list-style-type: none"> Can cause a local reaction (rash) Not always absorbed Expensive 	100%	15 to 20 minutes	8 to 24 hours
Topical	<ul style="list-style-type: none"> Discreet Non intoxicating Localized relief 	—	Depends on product	3 to 5 minutes	1 to 2 hours
Suppositories	<ul style="list-style-type: none"> Localized relief Rectal: minimal or no intoxication 	<ul style="list-style-type: none"> Needs more research 	70 to 80% (rectal)	15 to 60 minutes	5 to 6 hours