

CONSUMER EDUCATION

Made Available by Pineapple Express, LLC

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PRODUCT SELECTION & DOSAGE

Our friendly and knowledgeable staff is here to help with product selection and dosage! Give us a call at (413) 277-0277 or start a chat on our website or in the app. When you place your first order with us, we'll set you up with a folder including this packet, a couple Strain & Effect Trackers and some other Welcome Materials. We're thrilled to have you as a customer and here to help you. You can always request another folder in the comments section of your online order or by giving us a call.

SELECTION

Some information to assist you in the selection of Finished Marijuana Products, including the potential differing effects of various strains of Marijuana, as well as various forms and routes of administration:

Types of Cannabis

Descriptions from MoreAboutMJ.org

Flower

Marijuana flower refers to the parts of the cannabis plant harvested for consumption—buds, stems, seeds, and leaves. Flower is most often consumed by smoking.

Concentrates

Concentrates are highly-potent forms of cannabis that come in a variety of styles. Because concentrates are so strong, it is important to consume them with caution.

Kief: Also referred to as dry sift or pollen, kief consists of the tiny, crystal-like growths covering cannabis flower.

Hash: Also known as hashish, hash is made from the resin of cannabis plants. Its consistency is usually dry, crumbly, and brick-like.

Butane Hash Oil (BHO): This concentrate is produced by using butane to extract cannabinoids—chemical compounds like tetrahydrocannabinol (THC) and cannabidiol (CBD)—from cannabis plants. The consistency of BHO products can vary from a glasslike “shatter” to a soft wax.

CO2 Oil: CO2 oil is produced by an extraction method that uses pressure and carbon dioxide to pull cannabinoids from cannabis plants. CO2 oil is usually consumed through portable vaporizer pens.

Rosin: This solventless concentrate is produced using heat and pressure: two plates are pressed together to squeeze resinous sap out of trichomes. Consumers may vape, dab, or use rosin through other methods.

Edibles

Edibles include products such as cookies, brownies, candies, and beverages that contain cannabis. It can take anywhere from roughly 30 minutes to four hours to feel the effects of an edible after consuming it, and those effects may last longer than expected. How edibles impact you depend on your metabolism, the amount you eat, and medications or alcohol used at the same time. The amount of cannabis in edibles also can differ product to product—for example, one cookie or brownie may contain multiple servings, so be sure to check the packaging for dosage information beforehand.

Compared to smoking or vaporizing, eating or drinking cannabis products may have delayed effects. As a rule of thumb, start low, go slow, and make sure you wait until you feel the full effects of the product before you have more.

Since marijuana-infused edibles look like regular food, it is especially important to keep them stored securely, locked and away from children and pets.

Topicals

Topicals include marijuana-infused lotions, balms, oils, and other transdermal products that are absorbed through the skin. Some people may find that they help relieve pain and calm inflammation, though more scientific research is needed. Topical products may not be psychoactive, meaning they do not get consumers “high.” However, transdermal patches (which deliver cannabis to the bloodstream) containing high THC content may cause mind-altering effects.

Ingestible Oils

Ingestible oils containing marijuana usually come in tablet or pill form. They are swallowed and digested similarly to cannabis-infused edibles.

Tinctures

Tinctures are cannabis-infused alcohol or oils administered orally in small amounts using a dropper or measuring spoon.

DOSAGE & TITRATION

Dosage:

Always start with the smallest amount possible to achieve the desired effect.

You can work your way up from a small dose if desired.

Potency of each individual product has an impact on how each product can affect you.

Titration for different routes of administration:

Inhalation: Inhalation is the most popular consumption method with the quickest effect. As the user inhales, the cannabinoids are introduced into the bloodstream, having an almost instant effect. The effects can last anywhere from ninety minutes to several hours, and peak effects are usually felt after thirty minutes. It is good practice to wait at least forty five minutes before increasing dosage.

Combustion: Combustion is the most common way marijuana is inhaled.

Vaporizing: Vaporizing is an alternative way of inhaling marijuana that involves heating the marijuana flower or concentrates to a temperature that produces vapor without combustion. Vaping eliminates many of the harmful carcinogens and tars that are often present in smoke.

Oral: Oral consumption of marijuana is a popular administration method for consumers who prefer not to inhale anything and are looking for longer lasting effects. Within oral consumption there are two VERY different categories.

Edibles

Marijuana Infused Products (MIPs) are food products such as chocolates, lozenges, pastries, or capsules that can be swallowed and processed by the liver creating a new more potent cannabinoid. This process takes much longer (2-3 hours) and produces a much stronger effect. Low and slow and it is recommended to not increase the dose until at least 2-3 hours have passed.

Sublingual marijuana products are designed to be taken orally but held under the tongue for a few minutes allowing the cannabinoids to enter through the blood brain barrier. These effects are felt within 15-30 min and have a similar effect to smoking because it did not pass through your liver. This is a great option for first timers giving you the ability to micro dose easily.

Topical: Topical marijuana products are absorbed through the skin to target specific areas. Often, topicals do not produce psychoactive effects or a “high” for consumers and is one of the safest consumption methods.

See attached strain and effect tracker.

You can also use a commercially available tracking diary or an app such as Releaf.

SUBSTANCE ABUSE

Signs, symptoms, tolerance, dependence, withdrawal and how to get help

A discussion of tolerance, dependence, and withdrawal;

Tolerance: Tolerance happens when a person stops responding to a drug the way they did in the beginning. As a result, it takes a larger dose to achieve the same effect. This is what causes someone with a substance abuse disorder to use more and more of a drug.

Dependence: Dependence means that a person’s body goes through withdrawal when they stop using a drug. **Withdrawal** is a set of physical and mental symptoms that can range from mild to life threatening. Many people who use a drug everyday can become dependent and go through withdrawal when they don’t use it. Dependence does not always mean addiction.

Addiction: Addiction is a disease. Like tolerance and dependence, addiction can result from taking a drug repeatedly but it can also result from the first time someone uses a drug. If the person keeps using the drug and cannot stop despite negative consequences, such as relationship difficulties, work interference, interference with daily activities and things that used to make the person happy, that person may be addicted. Addiction is also called a substance use disorder.

A person can be dependent on a drug and/or have a high tolerance to that drug without being addicted.

Facts regarding substance use disorder signs and symptoms, as well as referral information for substance use disorder treatment program, and the telephone number for the

If you or someone you know needs help, please contact:

Massachusetts Substance Use Helpline

Call 800-327-5050

Text “HOPE” to 8800327

Bureau of Substance Addiction Services (BSAS)

250 Washington Street, Boston, MA 02108

(617) 624-5111

<https://www.mass.gov/orgs/bureau-of-substance-addiction-services>

MASSACHUSETTS LAWS

Keep an eye on the Massachusetts General Laws for possession and distribution. If you have questions, be sure to consult a Massachusetts attorney.

For reference, here’s an outline of the current laws:

- Consumers may not sell Finished Marijuana Products to any other individual.
- You may gift cannabis up to one ounce, of which no more than five grams may be a concentrate, to a person age 21 years or older as long as you don’t advertise or promote to the general public.
- You may possess one ounce or have ten ounces at home.
- You can grow at home (with some exceptions): Massachusetts law allows you to grow up to six cannabis plants in your home for personal use, or up to 12 plants for two or more adults. There are a few exceptions such as: your landlord can prohibit home cultivation and it’s illegal in federally funded housing.
- **It’s illegal to consume marijuana in public.** You cannot use cannabis in any form—including smoking, vaping, or eating—in public places or on federal land.
- Massachusetts law permits you to carry up to one ounce of marijuana. You may possess up to 10 ounces in your home.

- Just like alcohol, it's illegal to have an open container of any form of marijuana in the passenger area of a car. An individual may receive a civil penalty of up to \$500 for having an open container of marijuana in the passenger area of a vehicle while on the road or at a place where the public has access. Store marijuana in a closed container and place in your trunk or a locked glove compartment.
- It's illegal to drive across state lines with cannabis. It's also against the law to transport it on a plane, train, boat, or other mode of transportation outside of Massachusetts.
- You cannot send marijuana by mail—even to states and countries where marijuana use is legal.
- If you have more than one ounce of cannabis in your home, it must be locked in a secure place. In fact, it's best to lock away all cannabis-based products in childproof packaging to keep kids and pets safe.
- It's illegal to drive while under the influence of cannabis. Take public transportation, contact a ride-share, or catch a lift with a sober friend.
- Employers, landlords, cities, and towns may have their own policies governing the use of marijuana.
- If you're visiting from another state, you must be 21 years or older and present a valid government-issued ID to purchase cannabis or cannabis-based products from an adult-use Marijuana Establishment in Massachusetts. However, you must enjoy your purchase in Massachusetts, since it's against the law to transport marijuana across state lines—whether it's by car, plane, train, boat, or any other mode of transportation. It's also illegal to mail any type of cannabis-based product, including edibles, even if the final destination is a state, territory, or country that has legalized marijuana. If you're staying at a hotel or other type of rental accommodation, inquire about marijuana use policies prior to consuming.

Violations and Penalties

See masscannabiscontrol.com and mass.gov

| Violation | Penalty |
|---|--|
| An individual under 18-20 years of age (unless a patient with a registration card for medical use of marijuana) purchases or tries to purchase marijuana, marijuana products, or marijuana accessories. | Civil penalty of not more than \$100 and completion of a drug awareness program. |
| An individual under 18 years old purchases or tries to purchase marijuana, marijuana products, or marijuana accessories. | Civil penalty of not more than \$100, completion of a drug awareness program, and notification of parent or legal guardian. |
| An individual under 17 years old purchases or tries to purchase marijuana, marijuana products, or marijuana accessories. | Civil penalty of not more than \$100, completion of a drug awareness program, and notification of parent or legal guardian. Failure to complete drug awareness |

| Violation | Penalty |
|---|---|
| | program within one year of offense may be basis for delinquency proceedings. |
| An individual 18-20 years of age alters, defaces, or otherwise falsifies identification (ID) offered as proof of age with the intent of purchasing marijuana, marijuana products, or marijuana accessories. | Civil penalty of not more than \$100 and completion of a drug awareness program. |
| An individual under 18 years old alters, defaces, or otherwise falsifies ID offered as proof of age with the intent of purchasing marijuana, marijuana products, or marijuana accessories. | Civil penalty of not more than \$100, completion of a drug awareness program, and notification of parent or legal guardian. |
| An individual under 17 years old alters, defaces or otherwise falsifies ID offered as proof of age with the intent of purchasing marijuana, marijuana products, or marijuana accessories. | Civil penalty of not more than \$100, completion of a drug awareness program, and notification of parent or legal guardian. Failure to complete drug awareness program within one year of offense may be basis for delinquency proceedings. |
| Home cultivation visible from a public place without the use of binoculars, aircraft or other optical aids. | Civil penalty of no more than \$300 + forfeiture of the marijuana |
| An individual 21 years or older found cultivating more than 6 marijuana plants, but not exceeding 12 plants. <i>Exemptions may exist in the Medical Use of Marijuana Program.</i> | Civil penalty of not more than \$100 + forfeiture of the unauthorized amount of marijuana |
| An individual 18-20 years old (unless a patient with a registration card for medical use of marijuana) found cultivating 12 marijuana plants or less. | Civil penalty of not more than \$100 + completion of a drug awareness program |
| An individual under 18 years old found cultivating 12 marijuana plants or less. | Civil penalty of not more than \$100 + completion of a drug awareness program + notification of parent or legal guardian |

| Violation | Penalty |
|---|---|
| An individual under 17 years old found cultivating 12 marijuana plants or less. | <p>Civil penalty of not more than \$100 + completion of a drug awareness program + notification of parent or legal guardian</p> <p>Failure to complete drug awareness program within 1 year of offense may be basis for delinquency proceedings</p> |

MGL c. 94G Regulation of the use and distribution of marijuana not medically prescribed
The primary marijuana possession law; includes who may possess marijuana and how much.

MGL c. 94C, § 32L Possession of 2 ounces or less of marijuana

MGL c. 94C, § 32M Possession of 2 ounces or less of marijuana; drug awareness program for those under 18

MGL c. 276, § 100K 1/4 Expungement of record resulting from marijuana cultivation, possession, and/or distribution (*effective November 9th, 2022*)

MGL c. 10, § 76 and **§ 77** Cannabis Control Board and Advisory Board

MGL c. 18, § 5I Retailers are prohibited from accepting EBT cards as payment for recreational marijuana purchases

MGL c. 64N Marijuana tax

MGL c. 94C Controlled substances act: Includes penalties for other drugs, trafficking or possession of larger quantities of marijuana.

Further Reading:

<https://masscannabiscontrol.com/know-the-laws/#adult-use-marijuana>

<https://malegislature.gov/laws/generallaws/parti/titlexv/chapter94c>

<https://moreaboutmj.org>

FEDERAL LAW

**Cannabis remains federally illegal and is classified as a Schedule I Controlled Substance.
The laws outlined here are applicable within Massachusetts ONLY and
do not supersede federal laws.**

WARNINGS

- Marijuana has not been analyzed or approved by the FDA.
- There is limited information on side effects of Marijuana.
- There may be health risks associated with using Marijuana.
- Marijuana should be kept away from children.
- When under the influence of Marijuana, driving is prohibited by *M.G.L. c. 90, § 24*.
- When under the influence of Marijuana, machinery should not be operated.

