



KENTUCKY ALTERNATIVE CARE
wellness without compromise

UNDERSTANDING MEDICAL CANNABIS PRODUCTS

Your guide to finding the right relief

Medical cannabis comes in many forms — each with unique effects, onset times, and durations. This quick guide helps you choose what fits your needs best.

FLOWER (CANNABIS BUDS)

How it works: Smoked or vaporized for fast effects.

ONSET: 1–5 min

DURATION: 1–3 hrs

BEST FOR: Quick relief (pain, anxiety, nausea)

Tip: Start with 1–2 small puffs. Wait 10 minutes before using more. Be patient — overconsumption is common if dosing isn't timed properly.

VAPE CARTRIDGES & PENS

How it works: Heats cannabis oil into vapor — discreet and fast-acting.

ONSET: 1–5 min

DURATION: 1–2 hrs

BEST FOR: Fast relief, low odor

Tip: Take one puff, then wait. Effects hit fast.

EDIBLES (GUMMIES, CHOCOLATES, CAPSULES)

How it works: Absorbed through digestion; slower but stronger.

ONSET: 30–90 min

DURATION: 4–8 hrs

BEST FOR: Long-lasting relief from pain, sleep issues

Tip: Start with 2.5–5 mg THC. Wait 2 hrs. Don't overdo it.

TINCTURES (OILS/DROPS UNDER THE TONGUE)

How it works: Absorbed under the tongue for moderate speed and duration.

ONSET: 15–45 min

DURATION: 3–6 hrs

BEST FOR: Precise dosing without smoke or eating

Tip: Start with 0.25–0.5 mL. Hold under tongue 30–60 sec.

CONCENTRATES (WAX, SHATTER, LIVE RESIN)

How it works: Potent extracts, usually vaporized.

ONSET: Seconds–minutes

DURATION: 1–3 hrs

BEST FOR: High-tolerance or severe symptoms

Tip: High-potency product — ask your dispensary professional if it's appropriate for you.

CHOOSING THE RIGHT PRODUCT

Ask yourself:

- How fast do I want it to work?
- How long should relief last?
- Do I prefer inhaling, eating, or drops?
- Am I new or experienced?

STARTING POINTS BY CONDITION

Patients respond differently to each format. These are common starting points based on practitioner guidance.

CONDITION	RECOMMENDED APPROACH
Cancer Formats: Edibles, tinctures, flower, topicals	THC-forward edibles, tinctures, or flower for pain & appetite support
Chronic Pain Formats: Tinctures, edibles, flower, vapes	Tinctures, edibles, or vaporized flower with 5–10 mg THC
Epilepsy or Seizure Formats: Tinctures, capsules	High-CBD tinctures or capsules
Multiple Sclerosis (MS) Formats: Tinctures, balms, creams	Tinctures or topicals with balanced THC/CBD
Muscle Spasms Formats: Balms, edibles, vapes	THC/CBD topical balms & edibles
Nausea/Vomiting Formats: Vapes, tinctures	vaporized flower or fast-acting tinctures with low to moderate THC

Other conditions may be added to the program over time. For the most up-to-date list of qualifying conditions, visit kymedcan.ky.gov.

***Disclaimer:** This guide is for educational purposes only and does not replace professional medical advice. Effects may vary. For official guidelines, visit kymedcan.ky.gov. Product availability may vary by dispensary and is subject to Kentucky medical cannabis regulations (915 KAR 1:070).*

NEED HELP?

Talk to your budtender — they're here to guide you.



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