

Shopping Guide

This simple guide is designed to help patients feel comfortable during their first trip to a Medical Cannabis dispensary. Find other helpful guides at utahmarijuana.org.

While the products in state Medical Cannabis programs are vigorously tested and regulated, it's still a good idea to educate yourself about cannabis products. This guide is designed to help those new to Medical Cannabis avoid common mistakes, have a positive experience, and ultimately bring home medicine that will help patients feel better.

Sometimes it takes four or five tries to find a consistent, high-quality cannabinoid medicine that works for you and your condition. Each supplier labels differently and it can be hard to tell exactly what you're buying. To make it even harder, new markets have trouble keeping products in stock. Finding what works best for you takes time, but I promise it's worth it.

-Tim Pickett PA-C, Founder



Before your first shopping trip:

- **Find a pharmacy.** All Utah Medical Cannabis pharmacies can be found at utahmarijuana.org/dispensaries.
- **Ask around town.** Chat with fellow patients, check out reviews, or ask for suggestions in our private group: utmmj.org/fbgrou.
- **Know before you go.** You can often find pricing, product availability, and registration information on each dispensary website.
- **Do some research.** Spend some time looking up different cannabis brands to learn about their testing, labeling, and growing processes.



Dos and don'ts:

- **Don't spend too much.** Buy road trip snacks, not Thanksgiving dinner. Until you've locked down what you like and how much you really need, shop small.
- **Do pick a consumption method.** For cannabis newbies, we recommend an oral or topical method to start. It's much easier to overdo it with an inhaled product. Always follow your provider's recommendation.
- **Do buy a variety.** To get a better idea of what works best for you, we recommend buying small amounts of different products. A cannabis smorgasboard, if you will.
- **Don't buy flower without an inhalation device.** Using a flame to smoke cannabis is NOT LEGAL in Utah!



Oral or Sublingual Tinctures (Infused Oils)

Onset: 60-90 mins Duration: 6-8 hours

- Look for labels that list the potency. 10-50mg/ml potencies work well for most users.
- The mg of cannabinoids per drop depends on potency, consistency, and dropper size. Look for a product that clearly labels how much medicine you'll get in each dose.



Raw Cannabis Flower

Onset: 5-15 mins Duration: 2-4 hours

Choose 2-4 types (strains) and purchase up to 3.5 grams of each.

- Nighttime Strains: good for sleep and relaxation.
- Daytime Strains: non-drowsy, THC-dominant, or THC:CBD.
- Condition-Specific Strains: ask the pharmacist to recommend popular strains for your condition.
- CBD-Dominant Strains: good for daytime use, mental clarity, lower anxiety. This may not be as effective for pain as a THC:CBD ratio or THC-dominant strain.



Topical Cannabis

Onset: 5-15 mins Duration: 1-3 hours

- Great for treating areas of pain and inflammation.
- Most patients find THC-dominant topicals most effective, though you may find success with a THC:CBD ratio.

Boost your endocannabinoid system:

Cannabinoids absorb through fats, so food with higher fat content may help increase the effects of cannabis, including:

- Nuts and seeds
- Raw or dark chocolate (at least 70%)
- Healthy fats and oils, like olive or coconut oil
- Fermented foods, like sauerkraut



**Find a
Pharmacy**



Vape Cartridges

Onset: 5-10 mins Duration: 1-2 hours

- Good for breakthrough pain or social triggers.
- Stronger than raw flower — use caution!
- Overuse is common with new users.



Inhalation Devices

- **Dry Herb Vaporizers:** These heat raw flower to a lower temperature than a flame. This keeps you from burning off all the therapeutic stuff and keeps plant material out of your lungs. Prices range from \$50-\$600 and up, so it's important to ask yourself "how often will I use this? Is it worth the investment?"
- **Vape Batteries:** These screw into a vape cartridge of cannabis oil for quick and discreet relief with little to no smell or preparation. These devices typically range anywhere from \$10-\$60.
- **Bonus:** UTHC offers 10% off all vaporizers to patients or you can pick up a vape at the pharmacy.



Easy does it!

Don't buy:

Edibles, Capsules, or Drinks

Edibles take 60-90 minutes to kick in and can vary in potency from serving to serving. It's best to experiment with these after you've found your "just right" dose and feel more comfortable with cannabis.

Cannabis Concentrates

There's cannabis and then there's super cannabis. Concentrates – like dab, wax, rosin, and shatter – are super cannabis. Trust us, you'll want to wait on these until you find your footing.

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Cannabis is an intoxicating substance at moderate-to-high doses – treat with caution.

SIDE EFFECTS ARE COMMON.

Commonly reported side effects include dizziness, sleepiness, increased anxiety (usually from too much THC), dry mouth, dry eyes, poor balance, short-term memory issues, and reduced motor skills.