

PATIENTS DESERVE TO KNOW DELIVERY METHODS

As a patient, you can use cannabis therapeutically by inhaling vapors (vaping), ingesting cannabis, taking liquid extracts such as tinctures or oil concentrates under the tongue, applying cannabis lotions, salves, or transdermal patches to the skin, or by inhaling smoke (smoking**).

DELIVERY METHODS WE OFFER*:

CAPSULES

A more traditional delivery method that may prove popular with patients who are new to cannabis.



TINCTURES

An increasingly popular delivery method, tinctures are discrete and their enhanced bioavailability reduces the time-to-onset, thereby enabling the patient to more-effectively self-titrate. We offer a variety of tinctures in regular and extra strength.



TOPICAL LOTIONS AND BALMS

Especially useful for patients suffering from joint pain, including arthritis. Typically, topicals contain two ounces of total product, including approximately 10 mg of active cannabinoids (e.g., CBD, THC).



TRANSDERMAL PATCHES

Transdermal patches allow patients to discreetly receive extended release low dose therapeutic cannabis.



VAPORIZER PENS

This is a product that uses disposable oil-based cannabis cartridges and has proven very popular in other therapeutic cannabis markets. Vaporizing cannabis oil is a significantly healthier alternative to smoking.



SUBLINGUAL TABLETS

Like capsules, sublingual tablets are also a more traditional delivery method, but dissolve in the mouth, thereby increasing bioavailability and decreasing time to onset.



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We encourage our patients to learn about alternative delivery methods compared to smoking medical cannabis. Alternatives such as tinctures, capsules and transdermal patches may be healthier for a patient since there is no inhalation of carcinogenic substances involved. In addition, these alternatives can be more discreet, long-lasting, and effective for symptom relief.



ONSET AND DURATION LENGTHS:

TINCTURES	TOPICAL (USE ON SKIN)	INGESTION	INHALATION
Onset: within 5-30 minutes Duration: 1-6 hours	Onset: Variable Duration: Variable	Onset: within 1-2 hours Duration: 6-8 hours	Onset: within 1-5 minutes Duration: 1-4 hours

Temescal Wellness will be serving qualifying patients in Baltimore for 2017

Sources:

<http://integr8health.com/resources/patient-handbook/>

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