If you're new to cannabis edibles or are trying a new type of edible for the first time, it can be difficult to estimate the effects that you will experience from different products.

This can make your purchasing decision confusing, and may lead to an edibles experience that does not match your expectations.

That's why we've compiled these 5 simple questions to ask your budtender so that you can confidently pick the most ideal edible product for your desired cannabis effects:

1. What is the infusion method?

The infusion method is important! The cannabis experience and expected effects will change based on the infusion method.

Edibles are infused with cannabis using two different methods:

1. Full Spectrum Infusion

2. Distillate or Isolate Infusion

An isolate is either the THC or CBD molecule only. A distillate may be a combination of THC and CBD molecules only.
Full Spectrum infusion includes all of the compounds in cannabis that make different strains unique, such as minor cannabinoids, terpenes and/or flavonoids.

**KEY TERM**
**Entourage Effect**
The unique effects you experience when consuming the whole cannabis plant profile versus only THC or CBD in isolation.

Some people may like the experience of Distillate and some may prefer the Full Spectrum edible experience. If you’re new to cannabis, we recommend trying both and determining for yourself which is more desirable.

If you want to learn how minor cannabinoids, terpenes and other cannabis compounds affect your cannabis experience, check out our Cannabis Science 101 audio series at:

[www.periodicedibles.com/101](http://www.periodicedibles.com/101)

2 Is the edible infusion strain-specific?

This question will apply only to Full Spectrum edibles.

Both Full Spectrum and Distillate infused edibles can be strain-specific, meaning that a single strain is used exclusively for that infusion batch, rather than a mix of different strains.
However - when a Distillate is made, it is stripped of all of the cannabis compounds that make the strain unique, leaving only THC and/or CBD molecules. So although a Distillate could be marketed as “Strain Specific”, it won’t have the true whole plant profile of that specific cannabis strain.

This information is vital for predicting the edible’s effects. The different terpene and cannabinoid profiles from one strain to another can lead to a broad range of final experiences.

Strain-specific infusions provide a more consistent edible experience that will not change from batch to batch, producing repeatable effects as long as the strain and supplier used remain the same.

Ask your budtender if an edible is strain-specific so that you know what to expect on future consumptions.

3 Are the dominant terpenes listed on the packaging?

Terpenes are secondary compounds in cannabis that are largely responsible for the different effects you experience from different strains.

Knowing the mix of Terpenes and Cannabinoids in the edible will help you predict what effects you might experience when consuming.
While scientific research has given us an idea of the typical effects that we can expect from terpenes, it is important to remember that everyone’s body and metabolism are different.

You may find that a terpene ascribed a certain effect produces the exact opposite effect for you – this is why learning your personal terpene preferences is extremely useful in guiding your cannabis purchasing decisions.

Look for edibles that list out the terpenes present on the packaging so that you know which terpene-based effects you can expect, or ask your budtender if they have lab test results available if terpenes are not listed on the packaging.

Visit the link below for a list of typical effects and medicinal benefits of the most common cannabis terpenes:

www.periodicedibles.com/terpenes

How can the edible be consumed?

This may seem like a straightforward answer (don't you just eat an edible?) but in reality there are several different edible consumption methods, and the method used directly impacts how your body metabolizes THC and other active compounds in the edible.
Take our **cannabis-infused caramels** for example - they can be:

- chewed up and eaten like a standard piece of candy
- placed under the tongue and allowed to **dissolve slowly**
- melted into a beverage like coffee or hot chocolate.

The different consumption methods **impact the cannabis experience differently:**

- simple chew-and-swallow consumption usually leads to stronger, long-lasting experiences that can take **30 minutes to 2 hours** to feel the full effects

- dissolving sublingually allows the active compounds to enter the bloodstream far more rapidly and bypass the liver simultaneously, leading to effects that are felt **much more quickly** but may not be as **strong or last as long.**

**Ask your budtender** if there is more than one way to consume an edible product you are considering, and **how different consumption methods can change the experience of that edible.**

**5 Is the packaging suited to my needs?**

A final consideration when choosing an edible is when and where you plan to consume, and whether or not the edible’s packaging aligns with your goals.
- if you’re looking to use an edible during a hike or other outdoor activity, an edible with fragile or bulky packaging may not be the right choice.

- If you will only be using a partial dosage from the entire edible product, packaging that guides dosing size and is resealable will be most beneficial.

- If you’re looking to consume discreetly or on-the-go, packaging that is appropriately discreet, compact and resealable will be best for you.

Ask your budtender to show you the edible’s complete packaging to ensure that it meets your needs before making a final purchasing decision.

Now that you know 5 KEY Questions to ask your budtender when shopping for edibles, you can feel much more confident in your choice of product and what effects you will likely experience from both a first and repeat purchase.

Periodic edibles is passionate about empowering cannabis enthusiasts to choose their cannabis journeys, and we hope that this guidance will help you do just that.

If you have any specific questions about edibles or cannabis science, please feel free to reach out to us at info@periodicedibles.com. Happy Experimenting!

P.S. We couldn’t publish this article without talking about dosing. Selecting and consuming your proper edible dose is CRITICAL!
More is not better when it comes to consuming cannabis - everyone has a proper dose depending on the desired effects you are looking for.

Remember that your preferred THC dose could change depending on your environment, activities, and social situation – you may enjoy a higher dose when watching a movie with friends than you do when being active or interacting with strangers.

Learning what dose is right for you is a bit of trial and error. And it's always better to err on the side of caution versus overconsumption.

When we talk about dose, we are really talking about THC dose. You can over-consume CBD and/or Terpenes with minimal to no negative side effects.

However, over-consuming THC can lead to a very negative experience, especially when consuming edibles.

The general advice is always “Start Low & Go Slow!”

If you’ve never tried edibles before, the best place to start is somewhere between 2.5mg and 5mg of THC. Once you’ve tried edibles a few times, you can start increasing your THC dose until you find a sweet spot you enjoy.

Also, consuming CBD with your THC can help balance out some of the potential negative side effects from over-consuming THC.

Slow and careful experimentation is key to finding the right edibles dose for various situations.