

Beginner's Guide to
FULL SPECTRUM CANNABIS EXTRACTS

Prepared by

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WHO IS THIS GUIDE FOR?

The Beginner's Guide to Full-Spectrum Cannabis Extracts will help:

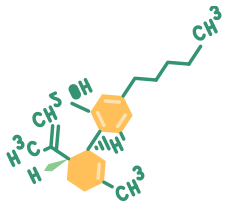


Newbies to full-spectrum cannabis extracts

Beginners keen to adopt full-spectrum cannabis extracts into their routine will gain vital information from this guide. Details introducing cannabinoids, benefits of cannabis extracts, and more will come in handy as you begin consuming the natural herb extract. Also, essential information about how to locate reputable producers of cannabis brands and reading labels will be handy to get you more benefits from these extracts.



Users looking to explore new consumption methods



Several consumption methods are available to allow you consume full-spectrum extracts of the cannabis plant for better results. Find multiple ways to consume cannabis extracts in this guide for a stronger effect and improved support the natural product has to offer.



Potential users seeking quality products

Have you ever had a hard time seeking the best full-spectrum cannabis extracts? Check out vital details from several sections in this guide to secure the best products. In this guide, you'll get information about how to know the best brands, what top products should provide, benefits of quality cannabis extracts, and much more.



Users keen to learn correct dosing techniques



There's no universal dosing plan for users of full-spectrum cannabis extracts. However, this guide outlines a plan to aid microdosing or incremental dosing of these natural products. You can take advantage of the information this guide offers to get desired effects from consuming natural cannabis extracts.



Persons who need more info about cannabis extracts

It could be hard to keep tabs on details about cannabis extracts with so much information out there. This guide helps you bring together the complete information you need about cannabis extracts. Getting correct information to boost your knowledge profile about cannabis and its extracts has never been so easy!



SECTION I. INTRODUCTION

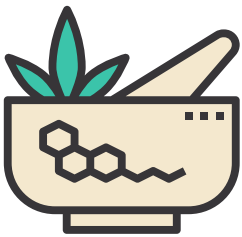
Do you want to explore full-spectrum cannabis extracts for relief from several health issues or to improve your quality of life? Full-spectrum cannabis extracts continue to rise in popularity for their potential therapeutic benefits, offering a natural alternative to manage various health conditions and so much more. However, navigating the world of cannabis extracts can be daunting, especially for beginners. This guide aims to provide you with the essential information you need to understand and effectively use full-spectrum cannabis extracts for your health and wellness needs.



What is cannabis?

Cannabis is a flowering herb with seeds in most variants, but the plant has become one of the main sources for potent extracts in recent years. Cannabis is often referred to as weed or marijuana and belongs to the Cannabaceae taxonomic family. Cannabis plants produce a special class of compounds called cannabinoids that possess several health benefits. The two main compounds in the cannabis plant – tetrahydrocannabinol (THC) and cannabidiol (CBD) – have been in use across emerging medicinal products for over a decade. While Cannabis (Ayurvedic Vijaya) has been used for thousands of years in various formulations to alleviate different health conditions.

A. Brief overview of cannabis extracts



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B. Importance of understanding full-spectrum extracts for beginners



It is important for beginners to understand full-spectrum extracts as these products provide several health benefits. These benefits can help improve users' overall quality of life while delivering relief from symptoms linked to diverse health issues. Beginners need information about full-spectrum extracts and everything these products offer to gain its full benefits. Full-spectrum extracts contain more compounds than any other derivative from the raw cannabis plant and pack a full-range of health benefits into one package. Clear information about what these extracts provide is the only way to access these therapeutic gains with ease.



C. Purpose of the guide

The main purpose for this guide is to offer a comprehensive guide to beginners keen to use full- spectrum cannabis extracts. Also, this guide seeks to:

- ✔ Introduce the cannabis plant and outline why beginners should understand full-spectrum cannabis extracts,
- ✔ Provide readers clear explanations about cannabis, differences between marijuana and hemp, and a brief introduction to cannabinoids,
- ✔ Give readers detailed information about the types of cannabis extracts and their major differences, and provide an overview of different extraction methods ideal for these products,
- ✔ Provide readers information about diverse benefits of full-spectrum cannabis extracts,
- ✔ Offer clear instructions to support persons planning to use full-spectrum cannabis extracts for several benefits, highlight potential risks and precautions, and outline treatment plans and likely interactions with other medication,
- ✔ Provide clarifying details about full-spectrum cannabis extracts to debunk or dismiss common misconceptions about these products while outlining its addiction potential and any potential legality issue,
- ✔ Inform readers with tips to buy and store full-spectrum cannabis extracts, also provide information to help users read product labels and how to choose reputable brands
- ✔ Provide information to help users store full-spectrum cannabis extracts to maintain its potency and freshness for longer periods

All the aims listed above will help you gain a clearer, informed perspective about full-spectrum cannabis extracts. It will be easier and more beneficial to consume these natural products after reading through every chapter in this guide. Making the most of your experience using full-spectrum extracts of cannabis has never been so easy and rewarding!

SECTION II. UNDERSTANDING CANNABIS

A. Overview of the cannabis plant

The cannabis plant is an annual crop and possesses dioecious (male and female variants) throughout each flowering season. Different variants of the cannabis plant have close taxonomic association and can be hard to distinguish in several cases. The plant also supports cross-breeding and has seen several variants created from this practice to produce low or high levels of compounds like tetrahydrocannabinol. Manufacturers use cannabis to produce oils, seed extracts, medicinal vegetables, sprays, and many other essential goods. However, the presence of psychoactive and soporific properties discouraged widespread acceptance for several decades. Growing research attention and scientific advancements now see improvements in extraction methods to produce high-quality cannabis products with wide range or isolated chemicals in their composition. Three major cannabis variants exist – cannabis sativa, cannabis indica, and cannabis ruderalis. These variants usually possess different levels of essential compounds like THC and CBD with differences in terpene ratios; however, some sources group all variants as sativa.

B. Difference between marijuana and hemp

What is marijuana?

Marijuana is a type of cannabis plant that possesses at least 0.3% THC in its dry weight composition. The marijuana plant usually has varying amounts of THC in its overall composition across available strains and can be as high as 30% in dry biomass.



What is hemp?

Hemp is a type of cannabis that does not contain more than 0.3% THC in its dry weight. The 0.3% difference was proposed by Ernest Small in a 1979 book on the semantics and science of cannabis to distinguish between hemp and cannabis. In 2018, the United States of America adopted Small's definition in an agricultural act, canonizing hemp's definition with the arbitrary number.



What are the differences between marijuana and hemp?

Breeding for cannabinoids

Most marijuana farmers breed the plant as females to produce more leaves rich in THC. Rare marijuana strains can possess up to 30% THC with high concentrations of this compound in its leaves. However, farmers breed the hemp plant for its rich CBD composition. CBD from hemp is legal in many western countries as it doesn't possess the characteristic psychoactive properties found in THC.

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Growth tolerance

Marijuana usually flourishes in monitored conditions and may not flower in some climates. Growers usually monitor and control the plant's development in a warm, isolated, and humid area. The choice growth conditions for marijuana focus on increasing its psychoactive properties. However, cross-pollinating marijuana with other cannabis extracts could significantly reduce its THC content.

Other major differences between marijuana and hemp include:

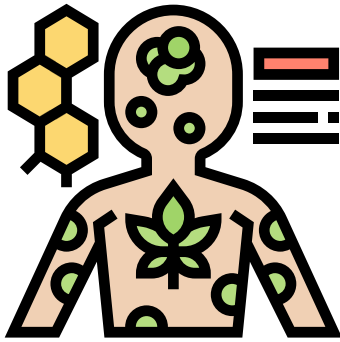
Marijuana

- ✓ Usually grown for its flowers' high THC content
- ✓ Usually grows to under 20 feet long
- ✓ Has more buds and leaves around the plant's body
- ✓ Higher psychoactive properties
- ✓ Possesses over 15% THC in some variants

Hemp

- ✓ Usually grown for agricultural use and as oils, seeds, etc.
- ✓ Can grow to about 20 feet in length
- ✓ Usually matures to leaves bunching at the stem top
- ✓ Lower psychoactive properties
- ✓ Does not contain more than 0.3% THC

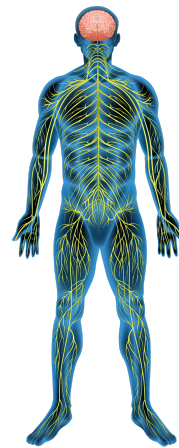
C. Introduction to cannabinoids



Cannabinoids are substances found in the cannabis plant that can act on the human endocannabinoid system. These compounds are part of a unique group of unsaturated hydrocarbons and thermosetting resins that cause a reaction through receptors in the endocannabinoid system.

The endocannabinoid system and cannabinoids

The endocannabinoid system (ECS) is an interwoven network of cell structures that act as regulators for various physiological processes. Two main receptors – CB1 and CB2 – interact with the ECS to help regulate important brain functions like memory, mood, and so on. Cannabinoids interact with the ECS receptors to help promote pain relief, ease inflammation, and perform other essential functions. Medical interest in the ECS and cannabinoids continues to uncover several important connections that aid the improvement of health outcomes in users of cannabis extracts.



D. The entourage effect and its significance



The entourage effect is a statement that cannabis compounds can act in synergy to modulate the psychoactive effects of cannabinoids like THC. The term gained wide popularity in the late 1990s after its use in studies like Ben-Shabat et al., (1998) and continues to receive more research attention.

Researchers believe the entourage effect is significant in products like full-spectrum extracts. Products that contain a wide range of cannabinoids, flavonoids, phenols, and other compounds are likely to act in unison to reduce expected



SECTION III. TYPES OF CANNABIS EXTRACTS

A. Full-spectrum vs. broad-spectrum vs. isolate extracts

Full-Spectrum Cannabis Extracts

vs

Broad-Spectrum Cannabis Extracts

vs

Cannabis Isolates

A full-spectrum cannabis extract (FSCE) is a concentrate of cannabis that maintains several original compounds like cannabinoids, flavonoids, and terpenes from its parent herb. These contain more cannabinoids than isolates and can offer strong effects similar to dried cannabis and other forms of the main plant. FSCEs preserve the effects of cannabis' natural compounds to help users experience the entourage effect. These extracts are often useful due to their therapeutic benefits and high potential for pain relief, improved support against inflammation, and improved wellbeing.

A broad-spectrum cannabis extract (BSCE) is a concentrate that possesses several cannabinoids, flavonoids, and other compounds present in FSCEs. However, BSCEs do not possess any THC or possess very low, less than 3%, in their composition since the compound is largely responsible for psychoactive effects people feel after consuming unrefined cannabis. BSCEs retain several effects of natural cannabis in a similar form to THC. The lack of THC differentiates both extracts while delivering similar anti-inflammatory and pain relief to users. People who consume BSCEs will not experience any psychoactive effects with each dosage but will lose out on potential benefits available in THC.

Cannabis isolates are single-compound extracts from the cannabis plant and commonly contain popular cannabinoids like THC or CBD. These isolates undergo a separation process, removing it from flavonoids, terpenes, and cannabinoids found in the cannabis plant. Unlike FSCEs or BSCEs which contain many compounds, cannabis isolates pass through detailed refinement, leaving only the choice cannabinoid behind. The high-level purity these isolates possess allows for precise dosing and greater control over potential effects experienced. Many cannabis isolates are popular among those seeking specific therapeutic benefits without other compounds in their composition.

B. Differences between FSCE, BSCE, and Cannabis Isolates

Several differences exist among FSCE, BSCE, and cannabis isolates. See the main differences among these cannabis products, considering major factors like their composition, entourage effect, THC content, legal status, and others.

Aspect	Full-Spectrum Cannabis Extract	Broad-Spectrum Cannabis Extract	Cannabis Isolate
Composition	Contains every vital cannabinoid, terpene, and other compounds, with THC included.	Contains every compound in a wide range of cannabinoids, flavonoids, terpenes, and other compounds, except THC.	Contains only one cannabinoid like THC or CBD after isolation from all other compounds.
Entourage Effect	Preserves the original entourage effect, where all cannabinoids and terpenes work to enhance therapeutic effects. Usually comes with the characteristic psychotropic "high" expected from products containing THC.	Preserves cannabis' entourage effect to a great extent like full-spectrum extracts but does not offer a THC-induced high.	No entourage effect expected in CBD, as it contains only a single cannabinoid.
THC Content	Yes	No	No THC in CBD isolates
Legal Status	Legal status varies by country to regions, as it may contain THC. Vijaya leaves are legal in India for medicinal purpose.	Legal in jurisdictions where THC is prohibited, as it does not contain THC.	CBD isolates are legal in more jurisdictions while THC is prohibited.
Potential Benefits	Usually offers a wide range of potential therapeutic benefits stemming from its strong entourage effect.	Offers potential therapeutic benefits of cannabis extracts with no psychoactive effects since it lacks THC.	Offers specific therapeutic benefits linked to its isolated cannabinoid.

Dosing Precision

Could require lower doses due to its high entourage effect which enhances how each compound works.

May need sustained higher doses compared to full-spectrum extracts due to its non-THC composition.

Supports precise, sustained dosing and control over the effects experienced.

Flavour and Aroma

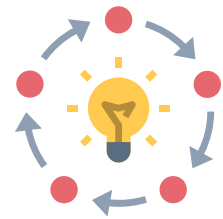
Has a distinct flavour and aroma due to the presence of terpenes, flavonoids and other compounds.

Has a similar flavour and aroma to full-spectrum cannabis extracts, but without THC.

Expect little to no flavour or aroma since it comes as an isolated, pure cannabis compound.

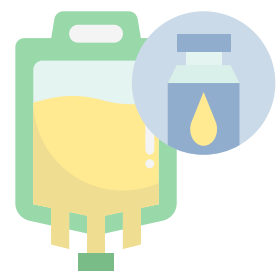
C. Overview of different extraction methods

Cannabis extraction refers to a process that separates cannabinoids, terpenes, and other healthy compounds from the cannabis plant. The extraction process is necessary to create cannabis concentrates like isolates, tinctures, oils, and other products. Several methods exist that are ideal for extraction of cannabis compounds. The most popular methods available include:



Solvent extraction

In this method, a solvent like butane, ethanol or carbon dioxide is required for effective extraction. These solvents help extract useful cannabinoids and compounds from the cannabis plant material. After extraction, these solvents evaporate to leave behind a concentrate of the original plant. Solvent extraction is ideal for producing cannabis extracts with higher yields. However, executing processes this method requires for the best results requires attention to detail and control of every extraction variable. Proper use of this method usually leaves behind a quality cannabis concentrate with little to no residuals.



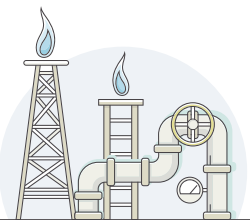
CO2 extraction

Carbon dioxide (CO₂) extraction involves a process of high pressure, low temperature treatment to separate terpenes, cannabinoids, and other compounds from the original plant material. CO₂ extraction is a preferred method for producers since it separates cannabis compounds without leaving residual solvents behind. Producers prefer CO₂ extraction for its versatility, since it allows the separation of specific cannabis compounds through easy adjustment of temperature and pressure variables



Hydrocarbon extraction

Hydrocarbons like propane and butane are choice gases in this extraction method. These hydrocarbons act to separate terpenes and cannabinoids from the plant material. In this form of extraction, producers expect high yields and little to no residual solvents after separation. However, careful purification processes can improve the end product to deliver high-quality extracts without residuals.



Rosin pressing

Producers of cannabis extracts used rosin pressing as a solvent-free method to separate essential cannabinoids, terpenes, and other essential compounds from the herb. Rosin pressing involves the use of pressure and heat to separate cannabinoids, terpenes, and other compounds from raw cannabis. It is an easy method that allows homemade production of cannabis using a specially-designed rosin press. However, the method does not offer a high yield of cannabinoids and other compounds when compared to other solvent-based methods.



Hash extraction

This extraction method is also called bubble hash or water extraction and doesn't require any solvent to separate cannabinoids from the raw plant. The process involves using water below freezing to extract trichomes from raw cannabis. These trichomes go through filtration processes before drying to reveal a concentrate of the cannabis plant. Hash extraction is a less-efficient method of extracting cannabinoids; however, it retains delicate terpenes in the original plant during separation. Producers do not fancy the hash extraction method as it offers a significantly-low yield compared to techniques based on solvents.



Note about different extraction methods

Extraction methods used to produce cannabis extracts come with their positives and downsides. However, the choice of an extraction method largely depends on few factors like

- ✓ **the desired product,**
- ✓ **scale of production,**
- ✓ **and regulatory requirements.**

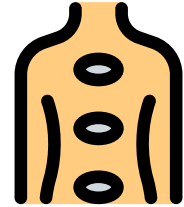
Understanding the different extraction methods can help you choose a product that best suits your needs while ensuring the quality and safety of your chosen cannabis extracts.



SECTION IV. BENEFITS OF FULL-SPECTRUM CANNABIS EXTRACTS

A. Enhanced Therapeutic Effects

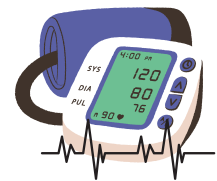
FSCEs contain several cannabinoids, flavonoids, terpenes, and other compounds that can work together to enhance available therapeutic benefits. The combination of these compounds to work in synergy (entourage effect) improves therapeutic potentials of FSCEs over isolated cannabinoids.



B. Potential for Treating Various Medical Conditions

Lowers blood pressure:

A recent study (1) documented the efficacy of cannabinoids in FSCEs against high blood pressure in humans. The study confirmed cannabinoids as effective in the reduction of blood pressure to combat diverse health problems.



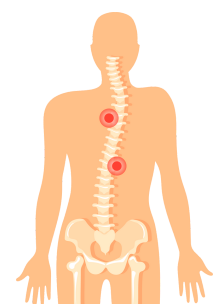
Reduce chemo & radiation side effects:

Common side effects after chemotherapy and radiation may include loss of appetite, pain episodes, nausea, poor sleep, and more. FSCEs possess compounds like THC that can help improve appetite post-chemoradiation. THC has a strong soporific effect that can act as a sleep inducer while it also boosts how chemoradiation patients maintain their appetite. THC also acts as an anti-nauseant to help people experiencing chemoradiation side effects against constant nausea. The compound also works in synergy with CBD and other chemicals in FSCEs to produce a pain relief effect after consumption. These compounds work to reduce pains through ECS receptors in the body (Rahn et al., 2008; NASEM, 2017).



Promote pain relief:

Studies like Carlini (2018) and Maayahet al.(2020) show how cannabinoids present in FSCEs can be effective against pain episodes in humans. The study uncovers how cannabinoids in full-spectrum extracts interact with the endocannabinoid system to provide relief. Compounds in FSCEs interact with receptors CB1 and CB2 in the endocannabinoid system to provide improved pain relief.



C. Reduced Side Effects Compared to Isolates

Full-spectrum extracts possess a greater potential for fewer side effects compared to cannabis isolates, especially if taken at low doses. Multiple cannabinoids, terpenes, and other compounds in FSCEs can act as modulators to stymie prolonged effects users experience from THC. The potential for modulation may help users against experiencing side effects like paranoia or anxiety.



D. Legal Considerations and Regulations

FSCEs are usually illegal in countries where cannabis products do not get full regulatory approval from government authorities. However, these natural extracts enjoy massive demand in regions where FSCEs are legal and provide immense therapeutic benefits to users. In India it is completely legal to use Vijaya / Cannabis leaves for medicinal and research purposes and AYUSH manufacturers can sell products under prescription to provide benefits to patients with its natural, therapeutic composition.



E. Synergistic Effects

Dozens of cannabinoids, terpenes, and compounds in FSCEs promote the products' potential for greater synergy and improved effects on users. Cannabis extracts combine these natural compounds to enhance their overall offering of effective relief against diverse health issues and to help improve users' overall wellbeing.



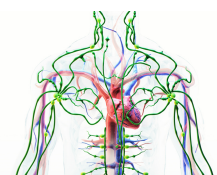
F. Reduced Side Effects Compared to Opioid-Based Products

Opioid-based drugs are still in circulation and many medical practitioners recommend such medication for pain relief and other uses. However, emerging evidence suggests that opioid-based medication could cause severe side effects in users. Fatalities from opioid-based drugs has also seen increasing calls from doctors and patients for a healthier alternative with fewer or no severe side effects. FSCEs provide an ideal alternative to opioid-based medication since these natural extracts do not cause any severe side effects as pain relievers. The reduced chances of serious side effects contribute to the increasing profile of cannabis extracts.



G. Support for the Endocannabinoid System

FSCEs can help provide support for the body through its endocannabinoid system (ECS). The ECS plays crucial roles in regulation of several physiological processes like memory, pain sensation, appetite, moods, and more. FSCEs can interact through the ECS to provide relief, better health, wellness, and other benefits to the human body.



H. Natural, Plant-Based Extract

FSCEs come from raw cannabis (Vijaya) and are an ideal natural alternative to drugs made from synthetic material. More people continue to seek natural cannabis extracts as these products offer similar benefits to synthetic products without severe side effects.



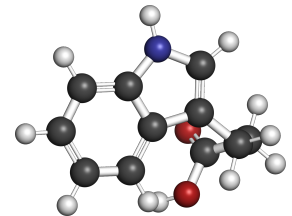
I. Antioxidant Properties

Compounds in the cannabis plant possess antioxidant properties that help achieve better wellbeing. Current research findings show that CBD is the main compound with high antioxidant potential among isolates from cannabis.



J. Neuroprotective Potential

Findings from studies like Koppell et al., (2014) suggest that compounds in FSCEs possess high neuroprotective properties that could be beneficial to humans. Current research findings show that THC and CBD products can induce significant improvements in persons experiencing neurodegenerative disorders after repeat doses. Research is ongoing to reveal more inherent benefits of FSCEs on neurodegenerative diseases.



K. Different Consumption Options

FSCEs are easy to consume and users can administer the natural extract orally, through inhalation, and a range of other methods. The different options to consume FSCEs make it an ideal product for users who desire its therapeutic benefits through diverse routes (see different methods of consuming FSCE in Section V (A)).



L. Support Against Anxiety Disorders

Findings from studies like Martin (2021) and Melas et al., (2021) continue to back the efficacy of FSCEs as ideal products to treat anxiety disorders. The antidepressant, anxiolytic properties of these extracts can prove effective in helping people experiencing diverse anxiety disorders with improved results.



SECTION V. HOW TO USE FULL-SPECTRUM CANNABIS EXTRACTS

A. Methods of Consumption

Common consumption methods for FSCEs include:

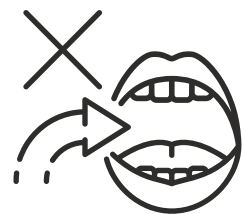
Sublingual use

Sublingual consumption of cannabis extracts involves placing tinctures or drops of these natural products under the tongue. In this method of absorption, the natural extract are absorbed through mucous membranes and follow a quick route to the bloodstream. Sublingual use of cannabis extracts can deliver its expected effects in 30 minutes or earlier depending on the product's composition and concentration of cannabinoids. Many new users of full-spectrum extracts prefer the sublingual route as it offers a convenient, discreet way to gain therapeutic benefits available in cannabis.



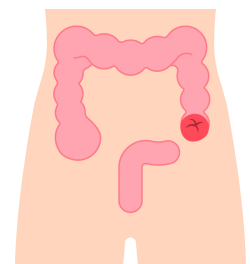
Oral ingestion

FSCEs are available as edibles, in capsules, and oils. Consuming these natural extracts is only possible through our digestive system where they undergo metabolism by the liver before entering the bloodstream. Oral ingestion triggers a slower onset compared to other consumption methods, sometime taking up to 2 hours before kicking in with its effects. However, oral ingestion tends to produce a prolonged effect than other methods of consumption, lasting up to 8 hours in some cases before fading.



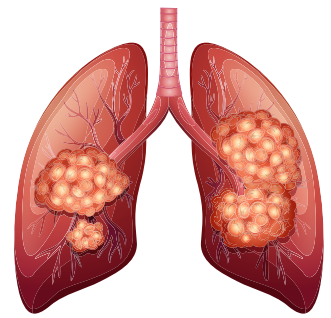
Rectal application

Rectal application of cannabinoid suppositories involves the insertion of specially formulated suppositories containing cannabinoids into the rectum, offering several benefits. This route of administration provides efficient absorption due to the dense network of blood vessels in the rectum, resulting in rapid onset of therapeutic effects and high bioavailability by bypassing the liver and avoiding first-pass metabolism. Additionally, cannabinoid suppositories are gentle on the gastrointestinal tract, making them suitable for individuals with sensitivities or difficulties swallowing. They may also exhibit a sustained release profile, offering prolonged therapeutic effects, and can target lower gastrointestinal conditions such as inflammatory bowel disease or pelvic pain. Furthermore, rectal administration may lead to reduced psychoactive effects compared to other routes, and it offers convenience and discretion for patients who prefer not to smoke or vape cannabis. Overall, cannabinoid suppositories provide a promising option for efficient and effective delivery of cannabinoids for therapeutic purposes.



Vaporization or Inhalation

Inhalation are the most common consumption methods used for raw cannabis and extracts. Inhalation of cannabis extracts can occur through smoking or vaporizing. The inhalation of cannabis triggers a quick absorption of compounds into the bloodstream from the lungs and can result in near-instant effects. Vaporization is an alternative to inhalation that allows users get the extract's compounds into their bloodstream through a heating process. Heating the extract leads to a cannabinoid-releasing reaction that does not trigger the ingestion of harmful by-products. Vaporization is recommended to patients with lung cancer and brain tumours, to subside chronic pain. Always consult an oncologist before choosing this method of delivery.



Topical application

FSCEs can also come in form of balms, creams, and lotions for topical use. These extracts are applied directly onto the skin and can interact with the ECS after absorption through skin pores. ECS receptors in the muscle, joint, and skin facilitate this absorption process. Common uses of topical FSCEs include pain relief, anti-inflammation, and other skin-related health needs. opical use of FSCEs does not come with any psychoactive effects since it takes much longer to absorb into the bloodstream than other methods. The affect of cannabinoids is enhanced by formulations which combine it with therapeutic essential oils , DMSO /sulphur based compounds.



B. Dosage Guidelines for Beginners

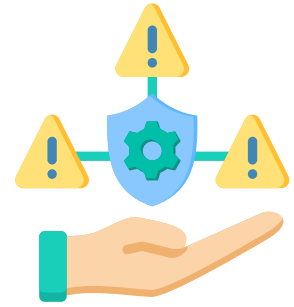
Beginners to FSCEs may struggle with the correct dosage if there's no proper guide to adopt. Several factors can determine how much cannabis extracts someone can consume per time to experience its effects without any negative outcomes. Common factors that could affect dosage of cannabis extracts include weight, cannabis tolerance, body metabolism, desired effects per dose, and more. In general, beginners should start on a low dose of FSCe and increase the dosage (under supervision by a qualified medical practitioner) until the desired effect is experienced, and under the guidance of health care practitioner. Sublingual or Oral ingestion doses of full-spectrum cannabis extract for an adult should start between 2.5mg and 5mg of THC in extracts/tinctures or edible products. It is not ideal to take repeat doses earlier than 3 hours apart to allow the first dose enough time to take effect. The doctor might prescribe patients with the progressive increase chart until the correct dosage is reached by each patient.



C. Safety Precautions and Potential Risks

FSCEs offer several benefits; however, it is especially important that beginners use these products responsibly. Potential risks attached to use of full-spectrum extracts largely stem from overdoses. Potential safety risks and precautions to recognize while using FSCEs include: Pregnancy risks: Research evidence on the effects of FSCE on pregnant people is scarce, hence caution is necessary. Pregnant people are advised to abstain from FSCE and not consider using these products until after childbirth. Overconsumption: Too much of certain things are bad, and FSCEs fall into this category. Taking too much cannabis extracts could result in a range of side effects unseen and unexpected in regular, controlled users. Operating machinery: Underage use: Research on the safety of FSCEs in children are scarce. It is recommended that adults use FSCEs and get advice from a certified health professional before recommending such products to anyone else.

Doctors intent on administering FSCEs to patients should conduct trials with minimal doses after examining a patient's tolerance level and response after use. Treatment plans should clearly specify:



Treatment objectives	why cannabis extracts are needed and when to start/stop administering doses,
Research evidence	documentary evidence outlining the efficacy of FSCEs in treating symptoms observed in patients eligible to use such products,
Risk management	safeguards against self-dosing and escalation of cannabis extracts without guidance,
Monitoring processes	periodic (twice weekly, weekly, bi-weekly, or fortnightly) reviews to assess the medical condition and how FSCEs provide relief,

assess the medical condition and how FSCEs provide relief,
Exit plan – if the FSCE does not suit a patient's health needs, an exit strategy should be devise to manage symptoms that do not subside after consistent use of such products,

D. Drug interaction

Cannabis compounds like THC and CBD can interact with other drugs, food, or alcohol. Currently, cannabinoids are known to interact with almost 400 drugs. Always seek medical advice before combining FSCEs with other drugs to avoid negative side effects.



SECTION VI. COMMON MISCONCEPTIONS ABOUT FULL-SPECTRUM EXTRACTS

A. Psychoactive effects and misconceptions about getting "high"

A common misconception about FSCEs is their production of a prolonged "high" effect seen in consumption of raw cannabis extracts. These extracts contain THC which has psychoactive properties; however, there are strong indications of modulating properties of other cannabinoids on this compound (the entourage effect). The presence of other non-psychoactive compounds can help reduce the euphoric effects of THC while drawing from its range of benefits against diverse health issues. Also, some FSCEs come with moderate amounts of THC that should not cause a significant psychotropic effect while providing available benefits from the natural plant.



B. Addiction potential

A major misconception surrounding FSCEs is that these products are highly addictive and will keep users hooked for life. However, nothing could be farther from the truth. Cannabis extracts possess a very low risk of addiction compared to opioids and other synthetic medicines. Responsible, guided use of these products will ensure a full dose of healthy benefits with no addictions.



C. Legality issues

Many people believe cannabis is illegal everywhere, but that is another misconception with no solid facts behind it. Cannabis and its extracts continue to gain popularity as an alternative source of pain relief, anti-inflammation, and many other health benefits. The major health potentials available through cannabis extracts has seen the product's legalization in several US states, Canada, and many other countries worldwide. In India, it is completely legal to use the Vijaya leaves for medicinal and scientific purposes. Flexibility in cannabis prevention laws has also seen the widespread acceptance of potent natural extracts in regions across India and other Asian countries.



SECTION VII. TIPS FOR BUYING AND STORING FULL-SPECTRUM CANNABIS EXTRACTS

A. Understanding product labels

Hundreds of compounds are present in high-quality cannabis extracts, hence proper product labelling is essential to provide correct information to users. Understanding labels on full-spectrum cannabis extracts allows you know the product's contents, licensing, and any potential side effects or drug interactions.

Several-dozen chemicals in cannabis are cannabinoids and are largely responsible for effects users experience from using potent cannabis extracts. A typical full-spectrum cannabis extract should possess the following on its product packaging:

1

Brand name and Manufacturer Name

Every high-quality FSCE must come with a brand name and/or logo. Such brand elements can help you easily identify your preferred maker of potent cannabis extracts.

2

Manufacturing License

The license stamp or logo tells you the product comes from an authorized producer. In India always check two most important Licenses: AYUSH and STATE EXCISE .

3

THC/CBD content

FSCEs could possess varying amounts of potent cannabinoids like THC or CBD. Other products may contain un-activated cannabinoids as commonly seen in many dried extracts. However, all products should come with a "milligrams per gram" (mg/g) measure clearly displayed on its packaging. Products that come with un-activated THC and CBD should also feature a "total milligrams per gram" (total mg/g) measure on its main packaging.

How to know the THC or CBD content in a FSCE product

By product weight

Let's say you purchased a 60g package of a FSCE which says "THC 120 mg/g" on its package. You will get the total THC content on that FSCE product by multiplying its total weight by the advertised content. In this case, you will get of THC in the 60g product.

By activation

Some FSCE products come as oral sprays and will include a description stating its THC or CBD content per activation in mg. For example, companies can advertise an oral FSCE spray as having a total THC/activation @ 9mg. What this means is that 9mg of THC gets dispensed from each spray.

By total amount

FSCE capsules can feature its total amount on the packaging. In this case, you will see a description stating its total THC content per milligram.

Other important information

Vital information that should be part of the cannabis product includes :

Product class

This section should contain details about the type of FSCE (extract, oil tincture, capsule, suppositories, topical , raw , dewaxed etc.)

Net/total weight

this section includes the average volume or weight per unit or the combined weight or volume of a FSCE product packaging

Total units

this section is usually available in products with multiple measures of a FSCE (in capsules, bottles, etc.).

Indication

information about the therapeutic benefits of a FSCE product should be on its product packaging.

Ingredient list

every FSCE must display its true, accurate composition list on the main product package. The list should appear in descending order according to the weight of each ingredient. A complete FSCE ingredient list must contain details about any allergens, sulphites, or glutens in the product.

Optional information

certain FSCEs can also feature details about recommended product usage, warnings, expiry date, etc.

B. Choosing reputable brands

Several brands produce FSCEs, but you must look closely to choose a suitable product with every requirement you seek. Reputable FSCE brands must provide the following along with their product(s):

Independent testing information (unbiased tests conducted by a third-party certified by health authorities),

- ✔ Proof of certification by a government-affiliated health ministry or department
- ✔ Information about cannabinoid profile , the concentration and type of psychoactive compounds in the extract,
- ✔ Clear information about product description or picture,
- ✔ Details about any claims unbacked by ample research evidence,
- ✔ Thorough test results for mould, metals, pesticides, etc.

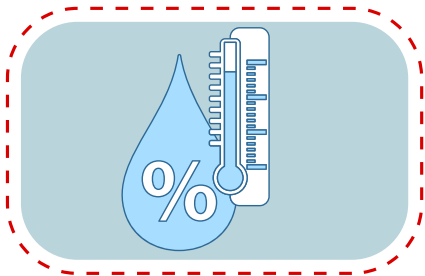
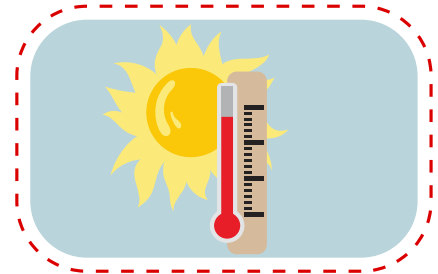
Any brand with these details on their product aim to offer FSCE in a transparent, safe fashion to consumers. It will be a wise choice to patronize brands that offer comprehensive details about each FSCE product on offer.

C. Proper storage to maintain potency and freshness

Follow these steps to store FSCEs properly to maintain its freshness and potency for longer periods:

Heat

Try to keep cannabis products around room temperature to maintain its quality while slowing down degradation. Exposing FSCE to extreme cold or heat could see its potent compounds lose their effects, watering down the efficiency of such products. The products are highly volatile and with every degree of temperature may become watery, solid or crystallize. Optimum temperature is 24-28 degrees

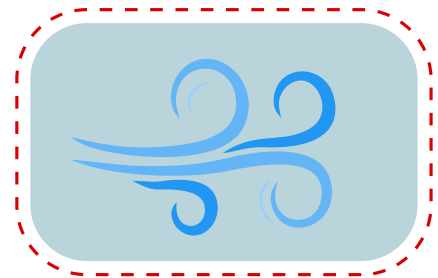


Humidity

store your FSCE products in areas between 55 and 65% humidity. You can prolong the shelf-life of your choice extracts while preventing drying out or development of bacteria.

Air

cannabinoids will lose their potency under prolonged exposure to oxygen present in air. Always store your FSCEs in air-tight containers to extend their efficacy.



Light

keep your FSCEs in storage containers and in areas with little to no UV light. UV light can break down cannabinoids quickly and affect the potency of FSCEs.

In general, store your FSCEs in their recommended packaging and keep these products away from extreme heat/cold, air, light, and humidity. All forms of FSCEs (liquid, dried, sprays, edibles, etc.) will be in good condition if you store them correctly.

C. Proper storage to maintain potency and freshness

FSCs offer a wide array of benefits and can be used effectively for various medical conditions and wellness purposes. Understanding how to use these extracts safely and responsibly is crucial to maximize their potential benefits while minimizing risks. By following dosage guidelines, being aware of potential risks and interactions, and consulting with healthcare providers when necessary, you can harness the therapeutic potential of full-spectrum cannabis extracts.

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Glossary

Cannabinoid Receptors: Cellular structures in the endocannabinoid system that interact with cannabinoids like THC and CBD.

Cannabinoids: Chemicals found in cannabis including THC and CBD, which are known to interact with the endocannabinoid system.

Cannabis Culture: The sociocultural aspects that define the use of cannabis (usually unrefined), including art, music, and literature.

Cannabis Indica: A primary species of the cannabis plant, known for its short and bushy structure with increased relaxing effects.

Cannabis Legalization: The process of making cannabis legal for recreational or medical use, currently varies widely across countries.

Cannabis Ruderalis: A primary species of the cannabis plant, commonly known for its high auto-flowering potential.

Cannabis Sativa: A primary species of the cannabis plant popular for its tall and thin structure with characteristic uplifting effects.

CBD (Cannabidiol): A popular, non-psychoactive chemical compound in cannabis, known for its potential use in medicine and therapeutic benefits.

CO2 Extraction: A popular method of extracting cannabinoids and other chemical compounds from cannabis plants with carbon dioxide (CO2) as a solvent.

Dabbing: A way to consume cannabis concentrates by vaporizing the substance on a heated surface before inhaling the vapor.

Decarboxylation: A heating process for bioavailability to activate potent cannabinoids like CBD and THC.

Edibles: Drinks or food items induced with cannabis, likely to have long-lasting effects than vaping or smoking the plant.

Endocannabinoid System: An interwoven network of cell structures that act as regulators for various physiological processes, usually interacts with cannabinoids found in cannabis variants.

Entourage Effect: The synergistic effect of cannabinoids, terpenes, and other compounds in cannabis, usually characterized by an euphoric feel.

Extraction: A process to remove cannabinoids, flavonoids, and other compounds from cannabis, useful in creating plant extracts or concentrates.

Full Spectrum: Products based on cannabis that contain a wide range of cannabinoids, flavonoids, terpenes, and other compounds, unlike isolated cannabinoids.

Hybrid: A cross-bred cannabis strain that is a mix among ruderalis, indica and sativa plants, commonly offers a mix of effects.

Microdosing: The practice of consuming small doses of cannabis for sub-therapeutic effects, usually deployed to gain benefits of cannabis without intoxication.

Organic Cannabis: Cannabis grown without synthetic fertilizers, pesticides, or other chemicals.

Terpenes: Aromatic compounds present in cannabis and other plants, usually responsible for the aroma and potential effects of the plant.

Tetrahydrocannabinol: The main psychoactive cannabis compound, receives attributes for the euphoric "high" sensation from cannabis consumption.

Tolerance: The reduced sensitivity cannabis effects over time, usually requiring high doses to achieve a similar effect.