



THC (Tetrahydrocannabinol)

THC gets a user high; a larger THC content will produce a stronger high. Without THC you don't get high. Another user looking for a more energetic stone will want to grow a strain that has high levels of THC and low levels of CBD. In general, Cannabis sativa has lower levels of CBD and higher levels of THC. Cannabis indica has higher amounts of CBD and lower amounts of THC than sativa.

Cannabis products having a THC concentration of 5-10 percent would be considered good, 10-25 percent would be considered very good, and over 25 percent would be excellent quality by daily users' standards. In general, we use potency to mean the sum effects of the Cannabinoids and the overall high induced.

CBD (Cannabidiol)

CBD increases some of the effects of THC and decreases other effects of THC. High levels of THC and low levels of CBD contribute to a strong, clear headed, more energetic high.

Cannabis that has a high level of both THC and CBD will produce a strong head-stone that feels almost dreamlike. Cannabis that has low levels of THC and high levels of CBD produces more of a buzz or stoned feeling. The mind feels dull and the body feels tired. The higher the CBD, the more likely a user will feel sleepy when medicating with it.

Another user looking for a more energetic stone will want to grow a strain that has high levels of THC and low levels of CBD. CBD appears to potentiate the depressant effects of THC and antagonize its excitatory effects. CBD also delays the onset of the high but can make it last considerably longer (as much as twice as long – also known as creeper).

Opinions are conflicting as to whether it increases or decreases the intensity of the high, intensity and high being difficult to define. Terms such as knock-out or sleepy, dreamlike, or melancholic are often used to describe the high from grass with sizeable proportions of CBD and THC.

When only small amounts of THC are present with high proportions of CBD, the high is more of a buzz, and the mind feels dull and the body de-energized.