

# Basic Cannabis Knowledge 101

*Cannabis is the genus of three species of flowering plants: Sativa and Indica and ruderalis (naturally lower in THC). Marijuana is the female cannabis plant in which flowers contain a percentage of cannabinoids and hold both medicinal and psychoactive properties. There are 488 chemical entities, and at least 66 are cannabinoid compounds. THC and CBD are not the only medicinally active compounds found in cannabis.*



## Sativa

*Sativa plant grows taller, are lighter in color. The plant takes longer to flower and produces more cerebral effects. This plant is the largest of the three families. Symptom Relief: Depression, ADD, fatigue, Mood Disorder.*

## Indica

*Indica plants are shorter, bushier and produce sedative physical effects. Symptom Relief: Pain, anxiety, insomnia, muscle spasms.*

## Ruderalis

*Cannabis Ruderalis is a low-THC species of Cannabis. Very small plant and fast growing.*

## What is Hemp?

### Know the Difference

**HEMP:** Active Ingredient-CBD. No psychoactive effects. Contains 20% or more of CBD and less than .3% of THC. Federally legal.

**MARIJUANA PLANT:** Active Ingredient-THC. Yes psychoactive effects (leaves and flowers). Contains 10% or more of CBD and more than 20% THC. Federally illegal Schedule II Drug.

- Many parts of the plant can be produced to make every day consumables.
- Hemp is produced from the male cannabis plant. CBD can be obtained from both hemp and marijuana, but hemp is the better choice as it does not contain THC. (Tetrahydrocannabinol).
- Hemp seed does not contain the psychoactive compound and will not get consumers high. It has shown to be beneficial for treating neurodegenerative diseases inflammation, autoimmune and neurodegenerative diseases.

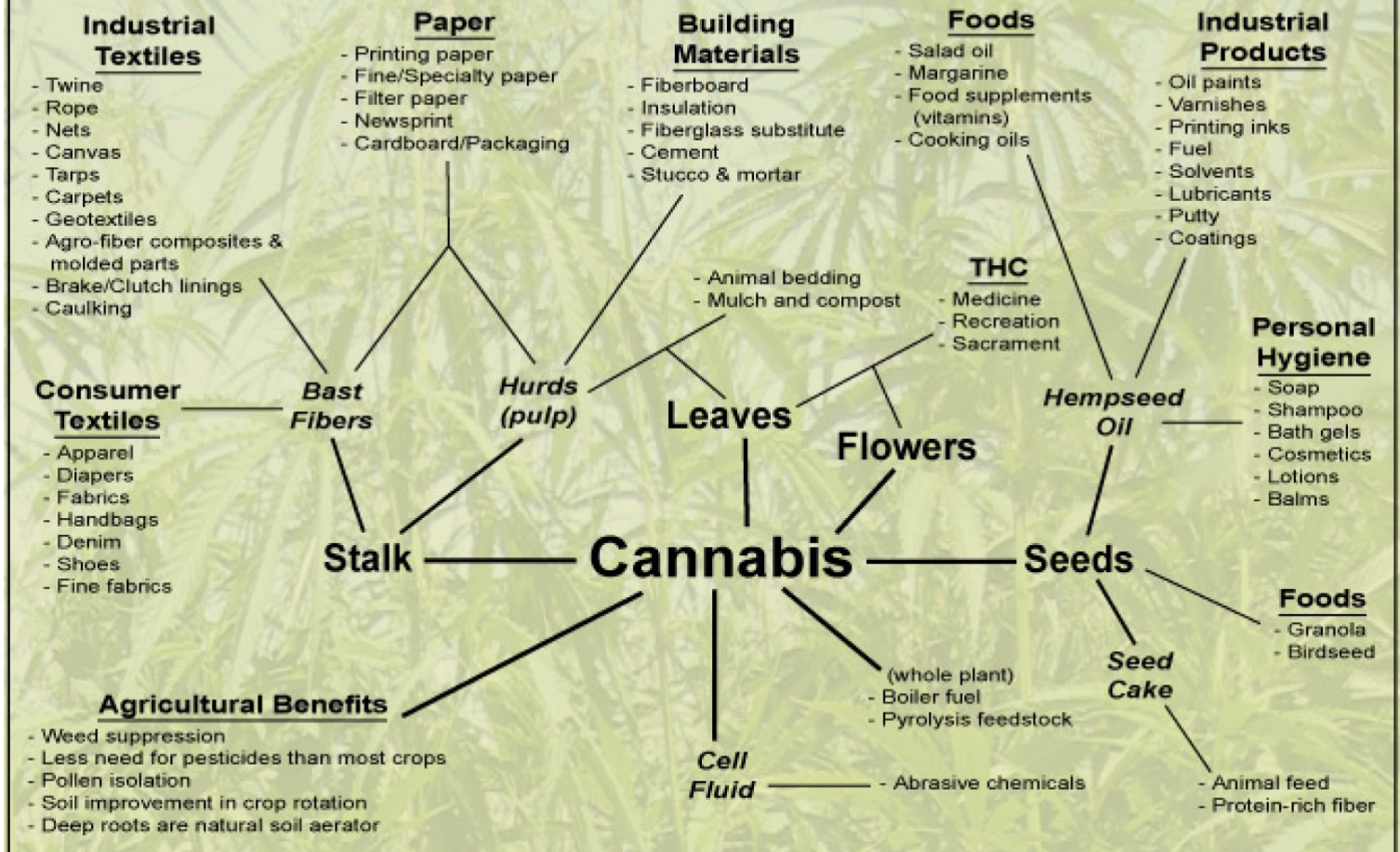
### Consumer Products

*Uses the stalk and leaves. Produces industrial textiles, paper, building materials, consumer textiles.*

### Consumable/Hygiene Products

*Uses the seeds. Produces foods, industrial products, personal hygiene products.*

# Modern Uses for the Cannabis Plant



Source: Toronto Hemp Company